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Hafa Adai!

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Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

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709 get physical addresses

By JUSTINE NAUTA
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REPORTER

Since Aug. 3, 2020, when the Saipan Mayor's Office began assigning numbers to homes and non-commercials buildings in the southernmost part of the island, a total of 709 street address numbers have already been handed out and the project continues to roll out to the rest of the island.

Speaking at the Rotary Club of Saipan's weekly meeting at the Hyatt Regency Saipan yesterday, Henry Hofschneider, who is special assistant

See 709 on Page 4

2nd batch of tax refunds worth $3M being readied

» Over $5M third and final batch to follow

FERDIE DE LA TORRE
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REPORTER

The Department of Finance is now processing the second batch of income tax refunds worth $3 million after distributing close to $5 million in the first batch for 9,500 to 9,600 taxpayers.

Speaking at a radio news briefing Friday, Finance Secretary David DLG Atalig also disclosed that they anticipate a little over $5 million in the third and final batch to clear

See TAX on Page 4

'Construction items stolen from IPI everyday'

» Construction progress at Imperial Pacific Resort project at moderate speed due to labor shortage
» CCC commissioner Dela Cruz questions why IPI is not collecting its receivables

FERDIE DE LA TORRE
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REPORTER

With construction progress at the Imperial Pacific Resort in Garapan now at a "moderate pace" due to a labor shortage, construction items

See IPI on Page 4

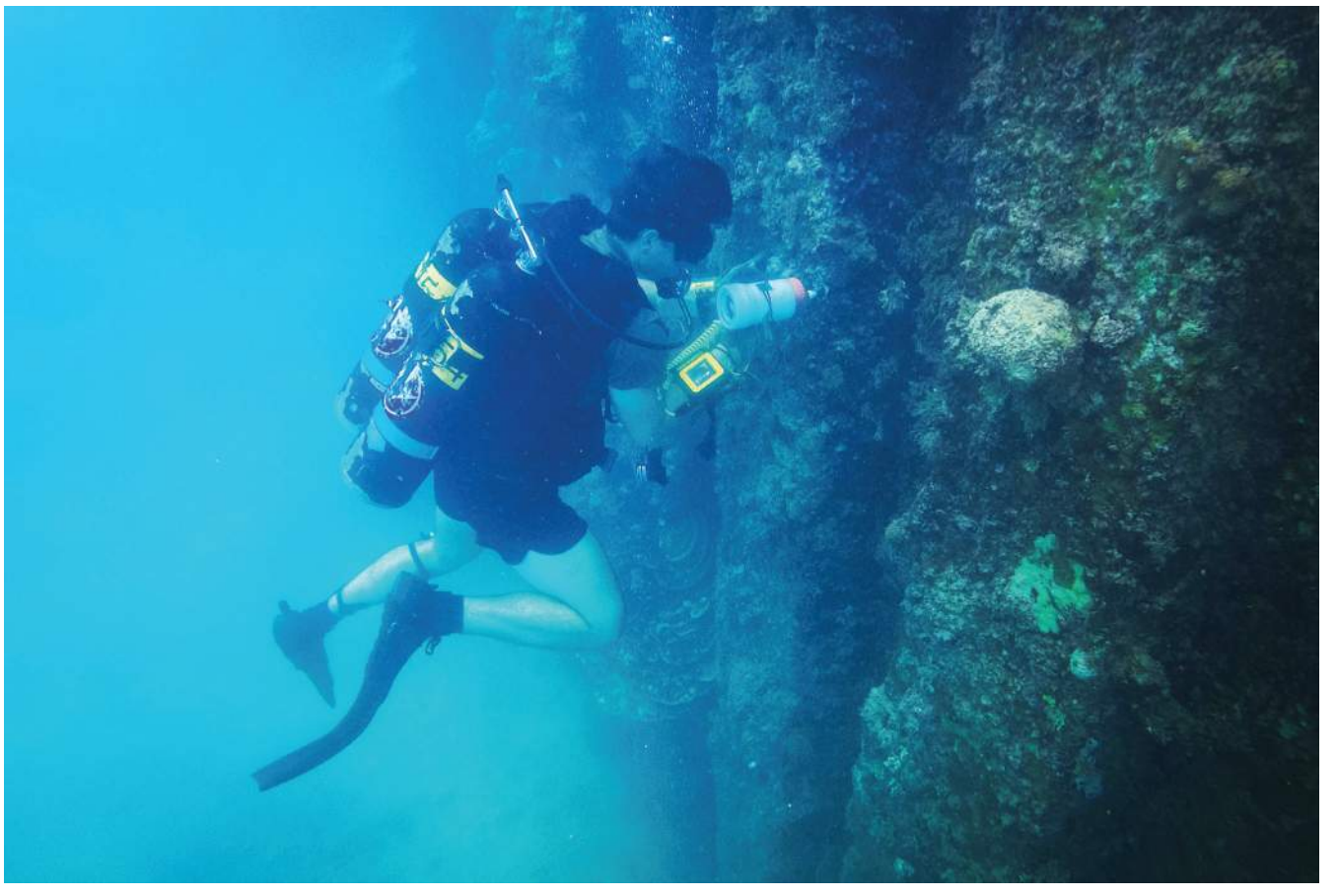
Seabee divers complete infrastructure assessment of Tinian harbor

By PETTY OFFICER 2ND CLASS COLE PIELOP
SPECIAL TO THE SAIPAN TRIBUNE

TINIAN—A small team of U.S. Navy Seabee underwater construction divers deployed from Task Force 75 has completed a maritime infrastructure assessment of the Port of Tinian last Oct. 13.

The underwater construction team performed a multi-week assessment that included a Level II underwater inspection of all berths, ramps, connecting piers, and navigational buoys. In addition, they com-

See SEABEE on Page 4



Equipment Operator 2nd Class Jacob Mooney, deployed with the Seabee underwater construction capability of Task Force 75, performs ultra-sonic thickness measurements on steel sheet pile during scuba operations within the Tinian Harbor.
U.S. NAVY/MCS2 COLE C. PIELOP

AT A GLANCE

As of 6pm, Oct. 27, 2020

GUAM	OLD	NEW	TOTAL
Positive	4,216	120	4,336
Recovered	2,503	100	2,603
Active	1,538	120	1,658
Deaths	72	3	75
Cumulative Number of Persons Tested			64,656

SAIPAN	OLD	NEW	TOTAL
Positive	92	0	92
Deaths	2	0	2
Cumulative Number of Persons Tested			19,345*

*Total count includes the number of persons tested on Saipan, Tinian, and Rota. With guidance from the Centers for Disease Control and Prevention, CHCC has opted not to report active and recovered cases. The community-based testing has been temporarily suspended.

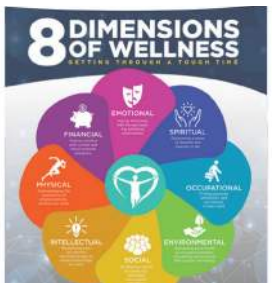
Source: Joint Information Center – Guam, Commonwealth Health Care Corp.

COMMUNITY VULNERABILITY

LEGEND:
- **Red:** Least safe
- **Orange**
- **Yellow**
- **Blue**
- **Green:** Safest

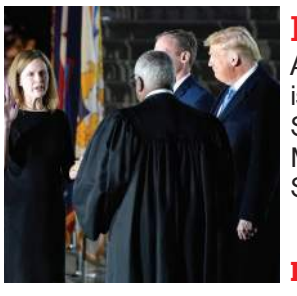
Source: Office of the Governor

INSIDE



SUPPLEMENT
Today's issue comes with a pullout supplement on the 8 dimensions of wellness.
PAGE 9

BUSINESS
Prepare to have a fright night as Kensington Hotel Saipan's Funky Halloween Weekend.
PAGE 21



NATION
Amy Coney Barrett is confirmed to the Supreme Court late Monday by a divided Senate.
PAGE 22

SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

Citizen-centric reports due on Oct. 30

This is to remind all reporting agencies that the Citizen-Centric Report is due on Oct. 30, 2020. Forward all reports to mail@opacnmi.com. Failure to file will result in a penalty of $50 per day for first time offenses and $100 per day for second or subsequent offenses until the violation is cured.

The CCR is a four-page report that was created by the Association of Government Accountants as a way to simplify communication between the government and its citizens. The 20th NMI Legislature passed Public Law 20-83, which requires all agencies to file a CCR.

This law requires CCR submissions by "every secretary, director, administrator, president or head of a Commonwealth agency, including line departments and agencies, autonomous and semiautonomous agencies, public corporations, the Mayor's Offices, Municipal Councils and boards and commissions." An electronic copy of the report shall be submitted to the Office of the Public Auditor and the presiding officers of the Legislature. Additionally, the report shall be posted on the website of the entity, the Office of the Governor, the Office of the Public Auditor, and the CNMI Legislature.

For more information, visit the OPA website at http://opacnmi.com or contact OPA at (670) 322-6481/2. ***(PR)***

GRACE CHRISTIAN MINISTRIES
NAVY HILL
Let's Raise a HALLELUJAH Night
Candy Drive-Thru • October 31, 2020
Hosted by Grace Christian Assembly - Navy Hill
Magas Loop @ 5-7 PM or until candy is gone

Candidates at a Glance

The Saipan Tribune will be coming out with a supplement,

#voteCNMI

in October 30 featuring candidates in the November election.

Spread your message to reach the people WHO VOTE.

Reserve your spot now!

For more information, please call 235-8747 and look for **Beth**, **Donna** or **Alyssa**

Hafa Adai! Saipan Tribune
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Osborne says DC on standstill due to election

CNMI Washington Office director Jason Osborne said Friday that Washington, D.C. right now is pretty much at a standstill, which is to be expected considering that there is an election less than two weeks from now.

Speaking at a radio news briefing, Osborne said there's been talks about a second round of stimulus package and that the U.S. House of Representatives has already passed a version, but the U.S. Senate is resisting the version that the House had passed.

"They want a scaled-down version," he said.

Osborne said President Donald Trump's administration is trying to send out funds related to the the Coronavirus Aid, Relief, and Economic Security Act and the previous stimuluses as well as some of their discretionary grant programs.

"We're still operating under a continuing resolution, which funds the government until Dec. 11," he said.

In his personal opinion, Osborne believes the continuing resolution will be extended further, probably until after the inauguration of the next administration. ***(Ferdie de la Torre)***

Wanted: Juan D. Tydingco

The Department of Public Safety is seeking the public's help in locating Juan D. Tydingco, who is wanted for failure to appear in court for the charges of fleeing or attempting to elude a police officer, speeding, and reckless driving.

Tydingco

An arrest warrant for Tydingco has been issued by the court with bail set at $1,000 for a bench warrant and $10,000 for other charges.

Officers have attempted to serve Tydingco with the warrants on numerous occasions but the suspect continues to show no regard for public safety, pedestrians, and other vehicles. Officers were forced to refrain from continuing the pursuits as the suspect continued to drive into high traffic areas while children and pedestrians were present.

Any person(s) found aiding Tydingco evade arrest will be arrested and charged.

Anyone with information on the whereabouts of Tydingco should contact 911 or 664-9001. If you wish to remain anonymous you may call the CNMI Crime Stoppers hotline at 234-7272. Crime Stoppers pays up to $1,000 for any information leading to an arrest. ***(PR)***

A Christmas Surprise on Saipan aims to ring Christmas cheer to family in need

"A Christmas Surprise on Saipan" aims to bring Christmas cheer, along with goods, services or monetary gifts, to a family on Saipan. This initiative was created by construction and real estate development company Pacific Rim, in media partnership with KZMI 103.9FM and *Marianas Variety*.

Anyone can nominate a family but program organizers ask that individuals do not submit their own family. The winning family must live on Saipan, but there are no restrictions on nationality, ethnicity, sex, family size, or other similar factors.

"We know 2020 has been a challenging year, and many families haven't recovered from the devastation of recent typhoons," said Keith Stewart, Pacific Rim president and founder of "A Christmas Surprise on Saipan."

"We want to identify a family who has experienced hardship and could use some Christmas cheer during the holiday season," Stewart said.

The winning family will receive a prize package catered to their specific needs based on what is determined from the nomination form. Prizes may include, but are not guaranteed to include, gifts, equipment, monetary donations, food, sponsorships, and/or a wide variety of other items. They will also receive a special Christmas surprise by having their home decorated for the holiday season.

"We don't have a set prize package as we want to determine what would really help the winning family. We know that everyone has different hardships, so it could be that the family has fallen on hard times due to illness, financial difficulties, or other trying circumstances. Our goal is to provide a prize that will help ease their struggles," Stewart said.

Community members are encouraged to nominate a deserving family by visiting www.ChristmasSurprise.org. Those nominating a family are encouraged to be detailed in describing the family's hardship and need to help the committee understand the family's situation. Nominations will be accepted through Nov. 30, 2020.

"For the nominations, we are looking for stories that will really capture the hearts of the executive committee, as well as our community," Stewart said.

For more information, visit ChristmasSurprise.org and follow on social media at facebook.com/CNMIChristmasSurprise. ***(PR)***

Over $7K bail imposed on DOC officer for alleged domestic violence

A bail of over $7,000 was imposed on a Department of Corrections officer who allegedly assaulted his girlfriend because he suspected her of infidelity.

Superior Court Associate Judge Wesley Bogdan imposed a $7,500 cash bail on DOC officer Brendon Atalig Manglona, 23, who was remanded to the custody of the DOC and ordered to return to court on Oct. 28 at 9am for preliminary hearing, and on Nov. 10 at 9am for his arraignment.

Manglona is currently charged with disturbing the peace, assault, and assault and battery.

According to court documents, the victim told police that Manglona had accused her of cheating on him, soon after arriving at her mother's house from work on Oct. 16, 2020. He claimed that she was not affectionate toward him, hence his suspicion.

Inside their room, the victim said Manglona pushed her against the wall, pinning both her shoulders with his hands and started to apply pressure. She said she kept telling Manglona to let her go. Manglona only let the victim go when her two siblings asked if she was OK.

The victim said Manglona started packing his things but continued to accuse her of cheating.

Later, she asked Manglona to move his vehicle so she could go to the store before it closed. However, as she was about to start her car, Manglona came out yelling at her. The victim said Manglona also grabbed her phone and demanded to see its contents.

The victim said she walked back into her room where Manglona pushed her onto the bed, holding both shoulders and prevented her from getting up.

Manglona allegedly threatened to kill the victim if he caught her with someone else. Manglona finally let her go when her younger sibling shouted at him from outside the room.

The victim said she again tried to go to the store, but Manglona prevented her and followed her around.

After the victim's mother interceded, Manglona left the house but returned 15 minutes later with his brother.

Manglona then argued with the victim's mother and challenged the victim's uncle to a fight.

That's when the mother called the police.

According to the victim, Manglona had threatened her two months ago with a department-issued firearm.

The victim said that on the way to Smiling Cove to go fishing, she and Manglona argued in the car in the presence of their 1-year-old child and her minor siblings.

The victim asked Manglona to pull over so she could get out and Manglona obliged, pulling over near the Army Reserve Center where she got out.

Manglona then reached into his glove compartment where he pulled out his department-issued firearm and pointed it at her to threaten her.

Because the victim feared for her safety, she said she did not contact the police. ***(Kimberly A. Bautista)***

Sablan releases campaign, financial interest reports

As promised, Democratic House of Representatives candidate and incumbent Rep. Christina Sablan (Precinct 2) has released her statement of financial interest and campaign finance report ahead of the Nov. 3 election.

The statement of financial interest, an annual requirement for all elected and appointed CNMI officials, was filed with the Office of the Public Auditor in June 2020, when it was due. OPA is required by law to keep these statements strictly confidential, unless the public official waives confidentiality. Sablan has waived confidentiality each time she has filed during her term in the 21st Legislature.

"These records should not be confidential," she said. "The purpose of these statements is to report the financial interests and potential conflicts of interest of public officials. I have introduced and co-sponsored two bills that would make these statements public records. I urge my colleagues to support these bills—and, in the meantime, for all public officials to waive confidentiality for their financial interest statements, as well."

Sablan's statement of financial interest for calendar year 2019 indicates she has not derived any income from any organization that did business with the Commonwealth government. She has not received any gifts or honoraria from non-relatives, nor does she have any direct or indirect financial interest in real estate.

Sablan's statement of financial interest also reports employment by a unit of government other than the CNMI government: she worked part-time for U.S. Delegate Gregorio Kilili C. Sablan (Ind-MP) from January to June 2019. In August 2019 she released a report on her sources of income, including details of her work with the federal congressional office (see: https://www.facebook.com/notes/tina-sablan/financial-disclosure-should-be-the-rule-for-every-public-official-heres-mine/722917291512059).

Sablan's interim campaign finance report was filed with OPA and the Commonwealth Election Commission on Oct. 20, 2020. Commonwealth law presently requires candidates to only file their reports within 50 days after elections.

"I have always believed that citizens in the Northern Marianas, like citizens anywhere else in the country, should have the right to know how candidates raise and spend money in elections," Sablan said. "Our law should change to require campaign finance reports to be available to the public before elections, and not just after. Legislation has been drafted and introduced before; we need more support in the Legislature to get it passed."

According to Sablan's interim campaign finance report, as of Oct. 19, 2020, her campaign has received $5,074.61 in cash contributions and $842.92 in in-kind donations, and spent $3,200.43. An updated report will be filed after the Nov. 3 election.

Sablan's campaign did not conduct any fundraising events this election season. "Times are really tough for our whole community right now," she said. "Since we had some money remaining from the 2018 campaign as well as contributions coming in from individual donors and in-kind support from the Democratic Party, my committee and I agreed to live within the means we had and not do any fundraising."

"I am deeply grateful to the many generous folks who contributed in various ways to my campaign and that of my Precinct 2 running mate, Luella Ichihara Marciano, and our fellow candidates in the Democratic Party," Sablan said. "To all our supporters who donated money or supplies, volunteered time, and offered words of encouragement: thank you, from the bottom of our hearts."

Sablan's statement of financial interest and campaign finance report can be accessed on her official Facebook page @reptinasablan, or through OPA or by request via email, tinasablan@gmail.com, or call 285-3935. ***(PR)***

Osborne says HR 560 stalled

FERDIE DE LA TORRE
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REPORTER

A pending bill in the U.S. Congress that proposes to provide permanent resident status to long-term foreign workers or CW workers, as well as investors, in the CNMI, is stalled at this point, according to Jason Osborne, director of the CNMI Washington Office.

Speaking at a radio news briefing Friday, Osborne said that while H.R. 559 has already been enacted, H.R. 560 is "kind of still sitting there."

"We were hoping to get that passed. I know that [Delegate Gregorio Kilili] Sablan was working hard to try and get that passed before the end of this year," he said.

The reality, Osborne said, is that Congress really isn't doing much right now in terms of passing standalone bills. He said Congress' focus has been on a second round of stimulus funding and trying to finalize appropriation bills.

Osborne said now the Senate's focus is on a Supreme Court nomination.

"I anticipate that, unless a deal can be reached on the stimulus within the next week, which it doesn't sound like it will, we're not going to have any further legislation be voted or passed by election day," he said.

Last February, the U.S. House of Representatives passed H.R. 560, or the Northern Mariana Islands Residents Relief Act which was introduced by Delegate Gregorio Kilili C. Sablan (Ind-MP). Sablan said H.R. 560 would give stability to a small group of investors who were in the CNMI even before federal immigration, as well as foreign workers who have been calling the islands home for decades.

Before that, in June 2019, President Donald J. Trump signed H.R. 559 into law, a legislation introduced by Sablan that gives improved immigration status to more than 1,000 individuals that are under the categorical parole program.

NMC to disburse remaining 30% of CARES Act fund to students

By JUSTINE NAUTA
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REPORTER

The Northern Marianas College will be distributing the remaining $284,429 in Coronavirus Aid, Relief, and Economic Security, or CARES Act funds, for NMC students enrolled in the fall 2020 semester.

The funds are specifically allocated by the CARES Act to help students who have been affected by the COVID-19 pandemic. The U.S. Department of Education allotted approximately $1.8 million to NMC earlier this year. The CARES Act requires that half of the funds allocated to NMC, or $920,000, must be reserved for students whose lives and education had been disrupted by the coronavirus outbreak.

In April this year, NMC released approximately 80% in CARES Act funding to eligible students. Full-time students received $715.35 each, while part-time students received $357.67 each. A total of 996 students enrolled in spring 2020 completed the form to receive the funding.

According to the interim chief financial officer, Shelly Tudela, this time around, the distribution, which will cover the remaining 30% of funds, each student, whether enrolled full-time or part-time, will receive about $242.78. The U.S. Department of Education has advised NMC that the funds should only be distributed to students who have demonstrated eligibility to file a Free Application for Student Aid or FAFSA form.

The first time around, students was able to choose if they wanted paper check or direct deposit. This time, NMC will be mailing checks to students. NMC's students are advised to fill out and submit the online form that was sent to their student email so that they can receive their checks as soon as possible.

Tudela stated that the CARES Act funds are made available for the purpose of providing financial aid grants to students for their expenses related to the disruption of campus operations due to coronavirus pandemic, such as course materials, technology, food, housing, health care, and childcare expenses.

709

From Page 1

to Saipan Mayor David M. Apatang, said that the Saipan Mayor's Office has already given out the numbers to homes, non-commercials buildings, churches, government offices, etc., in Koblerville. The numbering of the households and establishments will let them know what their street address number is, their street name, and what village they are in.

Hofschneider said the 709 street address numbers were handed out covering the period from Aug. 3 to Oct. 27. He believes that this will benefit first-responders who need to respond to an emergency quickly as this will give them a way to quickly locate an address. Right now, 911 operators are guided by the closest landmark but not the exact location. This will also allow people to give easier directions, instead of using "local directions" that consist of saying "turn left from the third coconut tree, pass the two abandoned houses, and my house is the third house on your left."

According to Hofschneider, the mayor's office is also looking at asking homeowners who live on streets that do not have a name what they would like their street name to be called. He acknowledged that there are many roads and streets on Saipan that have never been named.

When putting up the numbers, property owners are mandated to post the new numbers in a way that make them visible from the road. Additionally, the house numbers should be at a minimum height of 5.5 feet to 5.6 feet from the floor. The font size will be 4 inches to 9 inches.

As far as having the U.S. Postal Service hand-deliver mail to a property owner's place, Hofschneider said that that would be up to the USPS and not the mayor's office. He added that there are other mailing services such as FedEx, DHL, etc. that will be able to deliver to one's physical address.

TAX

From Page 1

out tax refunds for all taxpayers that have filed and are error free.

He said the first batch was composed of those from the April 2 filings.

Atalig said they're now processing and preparing the second batch of refunds worth about $3 million so it's ready for distribution as soon as they get some reimbursement monies that are due to come early this week.

"So we will be distributing that next batch and then the third and final batch would be probably be in 10 days after," he said.

Atalig said he does not have the details as to how many taxpayers are in the second batch. "But these will be for those taxpayers that filed after April 23rd date to current," he said.

Atalig disclosed that the CNMI will be receiving some reimbursement funds from Super Typhoon Yutu disaster projects that were awarded to the CNMI. He said they are going to reserve that money since he's been using funds out of the general fund to cover COVID-19 spending.

He said any COVID-19 reimbursements coming in are already allocated for the expenses of the ongoing COVID-19 mitigation programs like the quarantine costs, as well as additional personal protective equipment.

Atalig said they are working with other government offices on the Yutu reimbursements.

IPI

From Page 1

from the project site and IPI warehouses are allegedly being stolen every single day.

Separately, speaking at the Commonwealth Casino Commission's monthly meeting at its office at the Springs Plaza in Gualo Rai last week, commissioner Ramon M. Dela Cruz questioned why Imperial Pacific International (CNMI) LLC is not collecting the huge amounts of collectibles from some of its customers.

"If IPI collects those money, we wouldn't be in this situation right now," Dela Cruz said.

IPI has so far failed to pay the $15.5 million casino license fee and $3 million regulatory fee this year.

Dela Cruz said this is the first time he has seen a casino that actually provides credit in large amounts of money and then doesn't collect on those money owed. "It's unheard of in the casino industry," he said.

Dela Cruz said he is raising that issue every time they have a meeting because it's very critical. He said if IPI does collect that money and they're not reporting it, that's another serious issue of tax evasion.

"I have personal experience in a casino that has receivables and they will collect [and] they're getting paid in China and not remitting it to the CNMI," Dela Cruz said.

At the same CCC meeting, IPI resident project director Jing Zhou said that COVID-19 continues to negatively impact the construction progress of the resort due to their inability to schedule manufacturing technicians and project engineers of records to Saipan.

At the same meeting, IPI CEO Donald Browne said everyday people are stealing items, construction equipment, and tools from the resort project site and from their many warehouses.

"We just don't have the resources to be fully staffed 24 hours," Browne said.

The CEO said the material that goes missing prohibits them from completing a certain aspect of the project. "That budget for one piece of material could literally put you back 15 days," he added.

Zhou also disclosed to the board that, excluding 15 of the management staff, they have a total of 304 workers for the construction project.

Zhou said there are 234 H2-B workers and 70 from the local manpower, AM Group. The H2-B workers are composed of 87 Taiwanese, three Thais, 113 Mongolians, and 30 Turkish.

SEABEE

From Page 1

pleted a bathymetric survey spanning more than three square nautical miles, surrounding waterfront facilities topside inspections, and a multimodal assessment of the roads connecting the airport and seaport. Using their underwater tools and expertise, the Seabees were able to locate critical areas for repair that were damaged from years of typhoons and deterioration sustained since its original construction in 1945.

"The MIA is just the beginning for the work here [on] Tinian," said Lt. j.g. Joshua Jepsen, officer in charge of the detachment. "As our assessment is finalized, we will be able to prioritize areas for repair and return with the resources needed to break ground on the port. After our time [on] Tinian, follow-on detachments will continue to return to meet the ultimate goal—a fully operational and maintained port."

Maritime infrastructure assessments are a reoccurring job for the Seabee divers during their Indo-Pacific deployment to clear the way for underwater construction. They have been sent to conduct comprehensive assessments in places such as the CNMI, Federated States of Micronesia, Japan, and other areas in the Indo-Pacific.

The overall goal for the Port of Tinian is to improve the waterfront infrastructure, giving them a product that is fully functional, long-lasting, and able to support a diverse amount of maritime operations in a free and open Indo-Pacific.

"I have been to a few of these islands that have so much history rooted in World War II and it's always a humbling experience to visit these places, and reflect on the challenges and hardships that they must've faced back then," said Builder 2nd Class Eli Arwood, project supervisor.

The port repair plan will maintain U.S. Indo-Pacific Command as the most agile, adaptable, and aggressive major combat operation engineering force in the Indo-Pacific Region. The inspection and follow on harbor improvements will enable the U.S. Navy to maintain its robust operating capability and enhance its lethality if called upon. The dive detachment was the first team to begin the major project, which supports U.S. Pacific Fleet and U.S. Marine Corps Forces, Pacific during exercise Valiant Shield, an annual, U.S.-only forces exercise focused on joint training in a blue-water environment.

"I think we are fortunate to be able to meet and interact with the people who are affected by what we are doing," said Arwood. "Not everyone gets to see and know who they are impacting with their work. The people of Tinian have all been very welcoming and I think it's been a pleasure for all of us."

The underwater construction team's overall mission is to conduct expeditionary, inshore, waterfront, and underwater deep ocean facility construction, inspection, repair, and maintenance operations. They are able to conduct amphibious landing support for joint logistics over-the-shore operations, including humanitarian assistance, civic assistance and underwater recovery operations.

"For the maritime infrastructure assessment, operating within a global pandemic was definitely a challenge and has been since the start of our deployment," said Jepsen. "Despite these abnormal conditions, my team was able to show up, hit the ground running, and execute. For that, I could not ask much more."

Task Force 75 is 7th Fleet's primary expeditionary task force and is responsible for the planning and execution of maritime security operations, explosive ordnance disposal, diving, engineering and construction, and underwater construction. It additionally provides direct support to diving and salvage operations and expeditionary intelligence throughout the Indo-Pacific region.

Streamlining project approval processes sought

The Governor's Council of Economic Advisers has emphasized the importance of getting various projects off the ground as soon as possible to help the CNMI get through the COVID-19 pandemic and fast-track the islands' recovery from the crisis.

In response, Gov. Ralph DLG Torres said that government agencies will help facilitate in the processing of key projects.

"Our recovery requires a whole-of-government approach that modernizes our permitting processes to ensure that federal grants are expended efficiently and recovery projects are executed effectively. Lt. Gov. [Arnold I.] Palacios and I have already instructed our departments and agencies to prioritize the execution of these projects by streamlining the permitting process in order to strengthen our infrastructure, rebuild homes, and create job opportunities for our residents," Torres said.

Mike Sablan, who chairs the GCEA's Domestic Policy Recovery Committee, said the immediate expenditure of the $300-plus million in COVID-related grants plus more than $400 million in Yutu and Mangkhut disaster relief funds will have a multiplier impact on the economy, which is crucial in these difficult times.

"Hundreds of millions of dollars for disaster relief projects will soon become available, some as early as November or December this year. They will go toward typhoon repairs and mitigation efforts to harden facilities, homes, and infrastructure. And, just as important as the repairs are, the economic impact of infusing these millions of dollars into our community in the coming months amidst all the challenges we face cannot be overstated, nor ignored," Sablan said.

These projects and the funds that will be spent in completing them will provide the CNMI the needed economic activities, while waiting for the reboot of the tourism industry.

"We know that tourism will return to our beautiful islands, but when? Which means we also don't know when our tourism sector can safely ramp back up and regenerate the jobs and tax revenues we need. And how much longer can our government continue to provide essential services without an economy to speak of?" Sablan said.

With the disaster relief funds and pandemic grants, Sablan said the CNMI will have the means to move forward and must capitalize on these opportunities by getting projects off the ground without unnecessary delays. This can be done by improving efficiencies and streamlining processes in procurement, permitting, and contract management. He added that these improvements can be implemented without compromising the importance of fair procurement practice, protecting the environment and natural resources, and complying with grantor requirements.

CONTRIBUTED PHOTO
A worker operates the truck drilling machine at the demolition site of the Northern Marianas College where new buildings will be constructed through federal grants.

Under the current system, Sablan said the timeline for projects, beginning from the funding approval all the way up to the issuance of permits to start construction is 29 months, including resolving legal disputes, if there's any. The process will take longer if legal issues are not settled quickly.

Joe Guerrero, a local businessman and member of the GCEA Fiscal Economic Diversification, said a reasonable timeline for permitting would be between four and five months (from the usual eight months) plus 12 months, the most, for procurement (20 months norm). He added that in certain states, there are programs available to aid in the permitting and if the CNMI can replicate that, especially for COVID-19 and Yutu-funded projects, it will make a significant impact to the islands' economy.

Jerry Tan, who co-chairs the GCEA with Torres, calls the improvement in the approval processes a "game changer" not only for the pressing projects today, but also in the future as the upgrade will boost investors' confidence to the CNMI and its efficient system of conducting business with both the private and public sectors, helping bring to the islands' the quality investments its aiming for.

Meanwhile, the GCEA acknowledged the groups and individuals who helped secure these grants and provide immediate assistance to the community. Sablan said it's unimaginable how we could have weathered the storm without the CARES Act funding for COVID-related emergency needs, such as stimulus checks, PPP subsidies, Small Business Administration loans, unemployment assistance, and others.

"The unprecedented impact the pandemic has brought upon our government, economy, and community continues to test our resiliency like never before. I know it was no easy feat for agency staff to navigate complex, uncharted processes to get over $300 million in COVID-related benefits into our community and help keep our economy afloat," Sablan said. ***(PR)***

History Talks: Operation Forager with Don Farrell

Pacific Historic Parks, in partnership with the Northern Marianas Humanities Council, would like to invite the community to join us LIVE on Zoom on Thursday, Oct. 29, 2020, at 9am for *Operation Forager, Northern Attack Force: The Battle for Saipan and Tinian* with Don A. Farrell.

About this Talk

Just as the Battle of Midway was a turning point in the Pacific War by crippling Japan's carrier fleet, so too were the Battles for Saipan and Tinian turning points in the Pacific War in that they cut Japan's line of communications to and from its "southern resource area" and established forward naval and air bases from which American forces could conduct the campaign for the ultimate defeat of Japan. Saipan would be a tough nut to crack, having been under Japanese administration since 1914. Tinian's capture enabled the construction of the largest airbase in the world, supporting the new B-29 Superfortress that would take the war to the Japanese home islands. A maximum effort at interservice cooperation was required from invasion, to base development, to B-29 operations.

About Farrell

Don A. Farrell was born in Redmond, Oregon, and served in the U.S. Air Force from 1965-1971. Farrell has published several books and credits his understanding of Marianas history to 35 years of government service, including chief of staff to the speaker of the Guam Legislature, and chief of staff to the mayor of the Municipality of Tinian and Aguiguan. He has also served as chairman of the CNMI Board of Education and a member of both the Northern Marianas Humanities Council and the CNMI Historic Preservation Review board.

Registration is free, at https://bit.ly/PHP_HTSregistration_DonFarrellOperationForager.

This project was made possible by support from the Northern Marianas Humanities Council, a non-profit, private corporation with funding from the National Endowment for the Humanities and the federal CARES Act.

For more information on this event, contact Jovanalyn Mafnas at email address: jmafnas@pacifichistoricparks.org. ***(PHP)***

MD: **History Talks: Op-**

SAIPAN HIGHER EDUCATION FINANCIAL ASSISTANCE
Office of the Mayor
Municipality of Saipan

NOTICE OF REGULAR SHEFA BOARD MEETING

In accordance with 1 CMC § 9901 et seq., as amended, the Saipan Higher Education Financial Assistance October 29th, 2020 at 9:30 am at the SHEFA Conference Room, 2nd Floor, CTC Building, Oleai, Beach Road, Saipan.

AGENDA

I. Preliminary Matters
1. Roll Call
2. Adoption of Agenda
3. Adoption of Minutes from October 1st, 2020

II. Public Comment

III. Reports
1. Administrator
2. Chair
3. Committee
   a. Committee on Awards
   b. Committee on Appeal/Deferments/ Forbearance
   c. Committee on Policy and Procedures
   d. Committee on Program and Development
   e. Committee of Fiscal, Legislative and Community Affairs

IV. Old Business
1. Start Smart at the Northern Marianas College
2. Service Obligation of Active Military Personnel / Reservist

V. New Business
1. Fall 2020 Application Status

VI. Executive Session

VII. Misc.

VIII. Next Meeting

IX. Adjournment

Note: Meeting may continue the following day should the need arise.

Commonwealth Utilities Corporation
Office of the Executive Director

REQUEST FOR PROPOSALS
CUC-RFP-21-003

A&E DESIGN SERVICES FOR WEST SAN JOSE HOMESTEAD (TINIAN) WATERLINE PROJECT

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified firms for A&E Design Services for West San Jose Homestead (Tinian) Waterline Project.

The RFP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of $100.00 for one RFP package set.

One (1) original and five (5) hard copies of the Proposal & One (1) original and five (5) hard copies of the Cost Proposal must be submitted in separate sealed envelopes marked *"CUC-RFP-21-003, A&E Design Services for West San Jose Homestead (Tinian) Waterline Project"*, to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, **no later than November 25, 2020 at 10:00 a.m. (ChST)**. Late submissions and conditional offers will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposer due to lack of information or understanding of the RFP requirements in the course of proposer's preparation of the RFP under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the RFP under this request, or to procure or contract for services. Proposers are required to comply with all CNMI and applicable Federal Laws. This RFP and the ensuing contract shall be executed as per the CUC Procurement Regulations.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than **10:00 AM (ChST) on November 9, 2020** to **Manny B. Sablan**, CUC Purchasing Administrator, via email address manny.sablan@cucgov.org with a copy to Larry Manacop, CUC Acting Water/Wastewater Chief Engineer via email address larry.manacop@cucgov.org and Marcela Tenorio, Administrative Technician Senior, via email marcela.tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said RFP, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO
Executive Director

MANNY BOYER SABLAN
Purchasing Administrator

Opinion

Hafa Adai!
Saipan Tribune
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The Associated Press | Pacific Islands News Association

EDITORIAL

Amy Coney Barrett and America got a fair hearing

To read some of the accounts of Amy Coney Barrett's confirmation process would be to believe history had been turned on its head because her nomination, hearing and advancement from the Senate Judiciary Committee happened over the course of a few weeks.

The better question might be why this is not the routine of judicial confirmation for plainly qualified nominees who have already been thoroughly vetted (thoroughly vetted in the present age meaning scraped across the hot coals of Washington's partisan furnace).

One might well disagree with Barrett's originalist philosophy. One might be bothered by the speeches she has given to conservative Federalist Society (something judges and justices of every stripe have done). One might even dislike that she frequently taught a seminar in her area of expertise to law students who openly practice and proclaim their Christian faith.

We don't find any of those matters concerning. But even if we did, it would be important to acknowledge they don't diminish her obvious qualification to sit on the Supreme Court.

We had hoped that when President Barack Obama nominated Merrick Garland, he, too, would get a fair hearing and a vote. In a more functional political world, Garland would be on the Supreme Court today, because he was clearly qualified for the job.

The farcical theater around judicial appointments today is a terrible political problem, and it is one created by a political system that more often than not refuses to do its job.

Congress is all but incapable of even passing a budget — never mind one that is balanced. The body is wholly incapable of facing harder legislative priorities over questions of great importance to the American people.

So the Supreme Court becomes the battlefield. And judges are selected by both sides for political rather than legal ends. Who can be surprised that we now face a question of court-packing, something that would represent a terrible new chapter in the politicization of the courts. And it would be equally destructive if court packing was a step Republicans took as a way to recast the court. At some point, we need to preserve institutions and allow them to function as designed.

Barrett deserves to be confirmed because she is the president's nominee and she is qualified. Elections have consequences, and subverting nominees through procedure and for nakedly political reasons is cheap whoever does it.

Some will celebrate her confirmation as a political victory. They should be careful.

When it is up to the courts to solve a democracy's political problems, that democracy is in a bad way.

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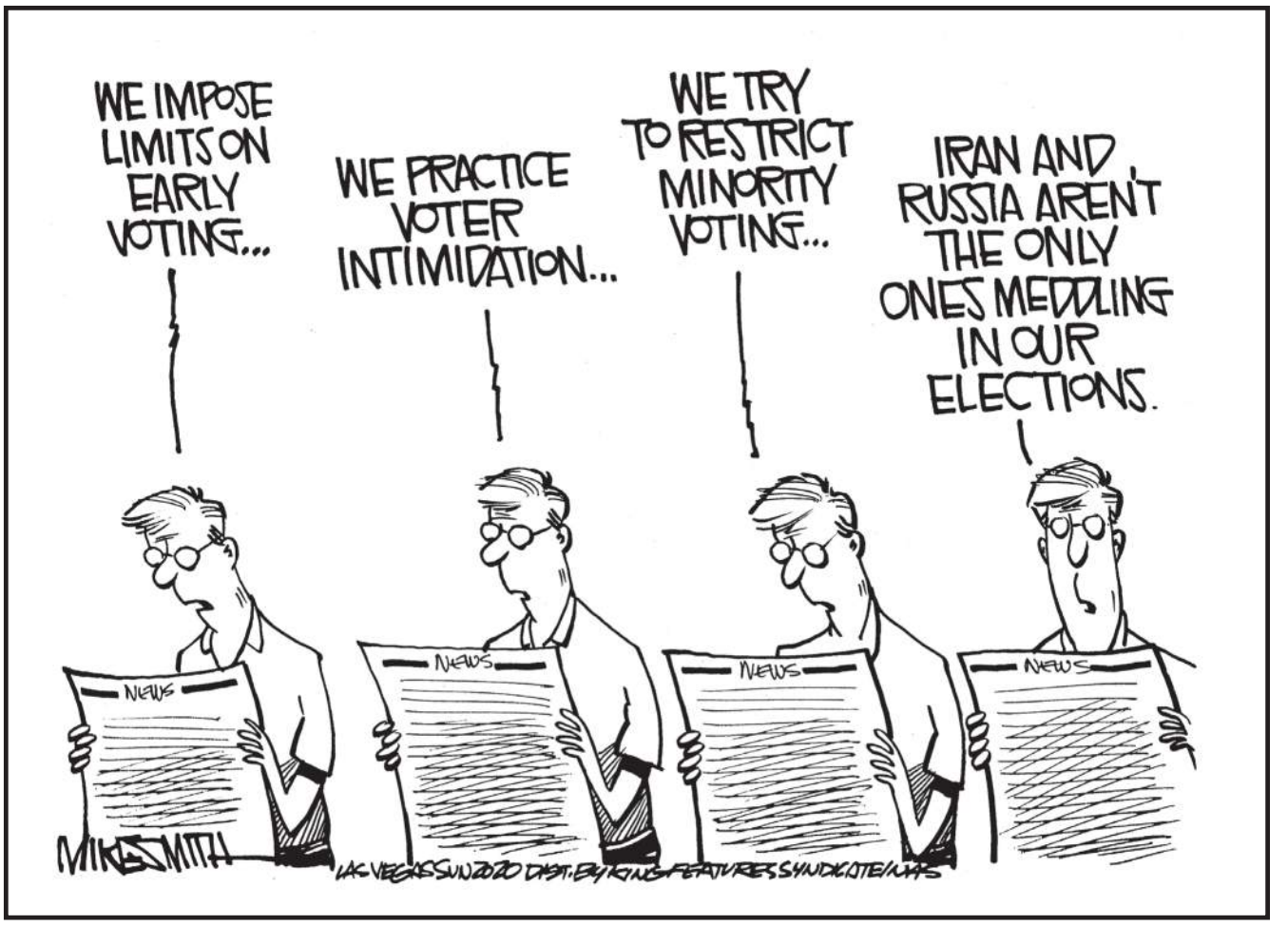

WE IMPOSE LIMITS ON EARLY VOTING...
WE PRACTICE VOTER INTIMIDATION...
WE TRY TO RESTRICT MINORITY VOTING...
IRAN AND RUSSIA AREN'T THE ONLY ONES MEDDLING IN OUR ELECTIONS.
NEWS
MIKE SMITH
LAS VEGAS SUN 2020 DIST. BY KING FEATURES SYNDICATE/UAS

The rise of QAnon isn't surprising. Americans have long been sucked into conspiracy theories

By CLARENCE PAGE
Chicago Tribune

Clarence Page is a member of the Chicago Tribune Editorial Board. Readers may send him email at cpage@tribune.com.

I'm no less shocked than anybody else by the rise of the wacky QAnon conspiracy theory-turned-movement in this election year, but I'm not surprised by its viral spread.

After all, I'm a Black American. Therefore, as an uncle of mine counseled me decades ago, "If you're not paranoid, you're not paying attention."

I get it. African Americans have a long sad history of being misled by real conspiracies, such as the infamous Tuskegee syphilis experiment or the 1969 FBI and Chicago police raid that killed Black Panther leaders Fred Hampton and Mark Clark.

Pay attention to QAnon and you'll hear about a bizarre and patently false narrative that casts President Donald Trump as hero in a secret war against sadistic Satan-worshipping, bloodthirsty child sex-trafficking Democrats and other liberals.

All of the other major foes in Trump's real world can be found in the world of "Q," the name claimed by whoever was responsible for the initial October 2017 post on the anonymous message board 4chan.

The sheer, shocking ugliness of possible child sex trafficking is enough to make some otherwise rational people compromise their healthy skepticism, perhaps to a dangerous degree.

QAnon's narrative, broadcast by a right-wing radio host, mirrored the earlier "Pizzagate" myth, which reportedly compelled a North Carolina man to fire a rifle inside a Washington, D.C., pizzeria in a misguided attempt to free imprisoned children from a basement that, as it turned out, didn't exist.

Yet, for all its most bizarre aspects, the narrative of rich and powerful people committing sick and depraved crimes in secret sounds remarkably close to countless other conspiracy theories that I've been hearing in barber shops and other gathering spots throughout my adult life.

So I wasn't too surprised when QAnon's narrative reached into political races on my home turf. Two Chicago-area Republicans seeking U.S. House seats have promoted the movement on social media and, like President Trump, declined to denounce it.

Philanise White of Chicago is challenging Rep. Bobby Rush in the 1st Congressional District and Theresa Raborn of Midlothian is doing the same against Rep. Robin Kelly in the 2nd Congressional District.

Although both challengers have dodged questions about their Q support, both also have tweeted the QAnon hashtag #WWG1WGA ("Where We Go One We Go All") and been identified in national news media with as many as a dozen other Republican congressional candidates who have been linked to the movement.

One of them, Republican Angela Stanton King, who is running for the late civil rights icon John Lewis' congressional seat in Atlanta, stormed out of a video-recorded interview when a reporter for The Guardian asked about her QAnon-friendly tweets.

In short, if your mental picture of QAnon is a bunch of young white internet geeks with too much time on their hands, think again. Surveys of believers in conspiracies cut across virtually all lines of age, race, gender, income, political affiliation, occupations and educational levels.

People on both the political left and right believe in conspiracies roughly equally, University of Miami political scientists Joseph Uscinski and Joseph Parent found in their 2014 book "American Conspiracy Theories," although each side finds different cabals.

Among other factors, racial identities matter. African Americans are more likely to believe that the CIA planted crack cocaine in inner-city neighborhoods, studies have found, while white Americans are more likely to believe that the government conspires to tax the rich and support "welfare queens" on the way to turning this country into a socialist utopia.

Sounds like a typical election year to me. But QAnon in the social media age adds the extra edge of a continuing drama—like a radio serial with a little cannibalism and child-kidnapping thrown in for extra spice.

That's an old propaganda technique. Throw in enough stomach-turning shock and our reptilian instincts can overwhelm our better judgment, especially when we're susceptible to "confirmation bias," our tendency to believe what we want to believe, whether it stands up to scrutiny or not.

Conspiracy theories have an appeal because they offer a sense of reassuring simplicity in a complicated world. For example, to the conspiracist there are no coincidences. Every turn of bad news must have some sinister decision makers behind it.

Unfortunately that's why the simplest explanations for bewildering complexity tend so often to be dead wrong.

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

12-hour voting lines give me hope, even as America looks like a banana republic

By WILL BUNCH
The Philadelphia Inquirer

Will Bunch is the national opinion columnist for The Philadelphia Inquirer.

Like most Americans, Stacy Bogan—a headshot and wedding photographer who lives in the sprawling Texas exurb of Mansfield, south of Dallas-Fort Worth—has had a rough 2020. While working to keep her studio afloat, her husband lost her job at the business services giant Cintas, which she blames on the mishandling of the COVID-19 pandemic. Mostly, the couple shelters at home—but not when Texas opened polling stations for early voting on Tuesday.

Bogan was hardly alone in venturing out to vote at the very first opportunity. Standing in a line that wrapped all the way around a local courthouse in Mansfield, she ultimately waited five-and-a-half long hours before she could cast her vote for Joe Biden and down-ballot Democrats—and she doesn't regret one minute of it.

"I was tired toward the end, but I was determined to vote yesterday and stand in line until my voice was heard," she told me in a Twitter interview. "I was determined to vote for equal rights, 216,000+ dead Americans that can't vote this year. I voted for healthcare, and sanity."

The remarkable thing about what Bogan did this week was how unremarkable it was. Millions of Americans—mostly wearing masks, trying to stand 6 feet apart, bringing a lawn chair if they were smart—stood on similar lines not just in Texas but in Georgia and other states that allow for in-person early voting. In the suburbs outside of Atlanta, some voters said they ultimately waited as long as 11 hours, thanks to voting book glitches and simply not enough polling stations. In some locales, chefs brought food to the idled voters.

The numbers so far are staggering—more than 15 million Americans had already voted by the mid-point of October, and that figure will be higher by the time you read this. Despite a deadly pandemic that's killed more than 216,000 U.S. citizens, both early in-person and mail voting are shattering any known records. And the information posted so far shows Democrats and African Americans are voting disproportionately higher. But statistics don't truly do justice to images of exhausted citizens stretched across parking lots and down tree-lined streets in the autumn heat of the Sunbelt, more determined to exercise their right to vote than any presidential election in living memory.

To some observers on social media, the endless lines looked like something you'd expect to see in a faraway banana republic where beleaguered residents were voting for the first time after decades under a military dictatorship, not images you should be seeing in a nation that's long branded itself the Cradle of Democracy.

The long-awaited start of 2020 voting has taken the focal point of the war to save America finally away from a White House where an infected and increasingly manic and desperate authoritarian in chief is clinging to power, and finally into our battered communities, bringing along a Texas-sized flood of emotions, and nagging questions.

Should Americans be feeling deep anger that decades of voter suppression engineered by one party, the Republicans—shutting down many early or traditional polling places in Black and brown neighborhoods or college campuses that skew Democratic, trying to limit drop boxes or voting hours, or anything that would make it easier to vote instead of harder—now force everyday folks to risk their health in a pandemic to stand up and be counted?

Or should we be feeling an almost exuberant sense of pride that—despite both government-sanctioned voter suppression and efforts by President Donald Trump to discourage turnout by convincing folks that the election is rigged or that their ballot won't be counted—everyday people are willing to stand on their aching feet and get this done, even if it takes 11 exhausting hours? And that the majority are doing so to reject American autocracy?

The answer, of course, is both. The beautiful sight of doggedly determined voters, despite everything that 2020 has thrown at them, is giving me a surge of hope that I haven't experienced in months. Experts like voting guru Dave Wasserman, looking at this record-setting week, now predict as many as 150 million or even 160 million citizens will cast ballots this fall, shattering 2016's total of 137 million and suggesting American willpower is stronger than any policy of voter suppression. But the other thing about voting lines is that it doesn't have to be this way.

"It's unconscionable in America that people should have to wait for hours to vote," journalist Ari Berman, author of "Give Us the Ballot : The Modern Struggle for Voting Rights in America," told me in an email interview. "Yes, it's a sign of voter enthusiasm but it's also a modern-day poll tax to make people with jobs/kids/families wait 3 or 6 or 12 hours to vote. Many people do not have the luxury to wait that long to vote and a certain number of people will leave the line or decide not to vote at all if the lines are that long."

Another important thing about voting lines is that they are racist. Berman noted that in Georgia's 2020 primary, when turnouts were lower, wait times were six minutes in predominantly white neighborhoods but 51 minutes in predominantly Black ones. A recent study from the Brennan Center for Justice at New York University School of Law found similar problems in the 2018 vote—that lines were much longer in African American and Latinx neighborhoods.

The center estimated more than 3 million voters waited more than 30 minutes that year, and the worst problems were in Deep South states mostly covered by the 1965 Voting Rights Act before the Supreme Court gutted it in 2013. In the seven years since then, GOP-led state and local governments have reduced polling places in mostly nonwhite communities—about 1,600 across the Sunbelt—or otherwise slashed resources.

But here's the thing: The crux of the Republican war on ballot box involves aiming to discourage voters by making it harder on them—making it difficult to find a polling place, or produce proper ID, and navigate a byzantine system. But these measures still aren't enough to deter voters who see an election as a matter of life or death, which is what we're seeing in 2020.

"I've always taking voting seriously and thought that I wanted to get my vote in as soon as possible," Robert Carrasco, a 32-year-old comic shop owner in San Antonio, told me after he stood for five-and-a-half hours on a line that wrapped around that city's Wonderland of Americas Mall to vote on Tuesday. "That's always a worry for a lot of people," he said of getting his vote counted, "but I'm putting faith in our system that it will be."

But here's the best part of what we've seen over the past week. It could be the start of a virtuous cycle of democracy. If citizens, especially in Black and brown communities, overcome this campaign of GOP suppression to vote those folks out of office, the Democrats who replace them owe to the people to make it easier to cast their ballot in 2022 and beyond.

"The fix is to give people as many voting options as possible and to make voting as convenient as possible," Berman said. "Make it easy to vote by mail and have people trust the mail system, because there's no wait if you vote from home. Make sure there's enough poll workers and the voting machines work properly. Every state should have weeks of early voting and polling places at every school, library, sports arena and public institution if feasible."

Congress will have a lot on its plate in January. If Trump and Senate Majority Leader (for now) Mitch McConnell continue on their current track, both the pandemic and the recession will be even worse, and in need of urgent attention. But lawmakers can't forget that the erosion of our voting rights is how we got such an unresponsive government in the first place. The John Lewis Voting Rights Act, which would update and thus restore the key provisions of the 1965 law, should be one of the first acts of a Democratic government, not an afterthought.

The gritty determination of those voters in Houston or Atlanta patiently baking under the October sun to make a stand for American democracy is a scene that I will never forget—and it's something I never want to see again after Nov. 3, 2020.

Why the pope's words about civil unions for gay couples matter

By MICHAEL MCGOUGH
Los Angeles Times

Michael McGough is the Los Angeles Times' *senior editorial writer, based in Washington, D.C.*

No sooner had it been reported that Pope Francis had endorsed civil unions for same-sex couples that Vatican-watchers started arguing about whether this was a big deal.

The answer is yes, but not because it's a sign that the Roman Catholic Church will change its mind about same-sex marriage or renounce its teaching that "man and woman were created for one another." Catholics and others who see the pope's comments as a harbinger of such a dramatic change in doctrine will be disappointed.

Nor is it likely that the pope will alter his opposition to so-called gender ideology that in his view "denies the difference and reciprocity in nature of a man and a woman and envisages a society without sexual differences, thereby eliminating the anthropological basis of the family."

But neither can the pope's comments be dismissed as idle talk. In an interview for a new documentary titled "Francesco," the pope said: "Homosexual people have the right to be in a family. They are children of God. You can't kick someone out of a family, nor make their life miserable." He added, "What we have to have is a civil union law; that way they are legally covered."

The pope's endorsement of civil unions — a legally recognized partnership that falls short of marriage — isn't new. He supported civil unions when he was archbishop of Buenos Aires, and the National Catholic Reporter has excavated two interviews during his papacy in which Francis seemed to commend that arrangement and distinguish it from marriage.

Still, his position is a departure from a 2003 Vatican statement saying that "respect for homosexual persons cannot lead in any way to approval of homosexual behavior or to legal recognition of homosexual unions."

Beyond the endorsement of civil unions, the pope's words in the documentary sent a message of tolerance that could discourage discrimination against gays and lesbians by church and state — including in the U.S. Catholic Church.

Certainly the pope's comment that gay people "have the right to be in a family" should make Catholic schools and parishes think twice about firing teachers or other employees who are in a same-sex marriage.

On Nov. 4 the Supreme Court will hear arguments involving the refusal of a Catholic social service agency in Philadelphia to place foster children with same-sex couples. The agency is arguing that the city violated its religious freedom when it terminated the agency's contract because of that policy. Maybe, in light of the pope's words, the agency might want to rethink its position.

The Most Rev. David Zubik, the bishop of Pittsburgh, issued a statement Wednesday saying that the pope's comments "in no way signal a departure from the teaching of the Catholic Church concerning marriage or homosexuality. It speaks, rather, of a pastoral approach to these issues." The question is how far that pastoral approach will lead the church to change policies that cause harm to gay and lesbian Catholics.

Liberal Catholics will say the pope's sympathetic words for gays and lesbians can't be easily reconciled with the church's rejection of same-sex marriage, and they'll have a point. But the pope is signaling that he understands there is more to ministering to the faithful than affirming dogma that has been centuries in the making.

The pope's change of emphasis hasn't been lost on more rigid Catholics. Two years ago the pope was accused by Archbishop Carlo Maria Vigano, a retired Vatican diplomat, of consorting with prelates who belong to what Vigano called "the homosexual current in favor of subverting Catholic doctrine on homosexuality."

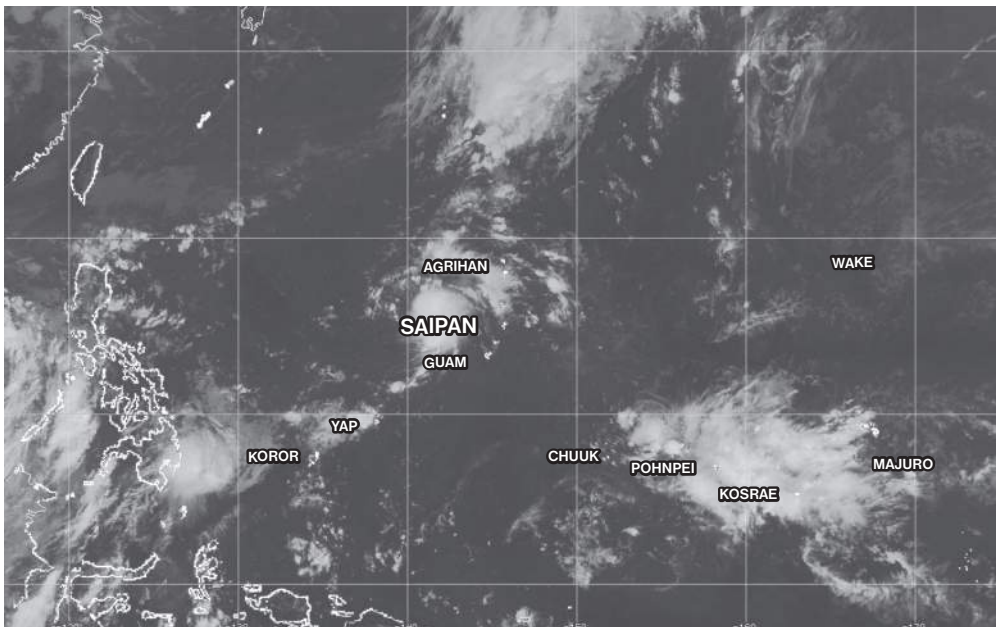
The Rev. James Martin, a Jesuit who has called on the church to be more welcoming of gay Catholics — and who has been vilified by Vigano — called the pope's latest comments "a major step forward in the church's support of LGBTQ people." That will depend on whether other Catholic leaders, including bishops in the United States, take the pope's words to heart and not look for ways to minimize his message.

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Partly cloudy with isolated showers and thunderstorms. Southeast winds around 10 mph.	Partly cloudy with isolated showers. East winds 10 to 15 mph.	Partly cloudy with isolated showers.	Mostly cloudy with scattered showers and isolated thunderstorms.	Breezy. Mostly cloudy with scattered showers and isolated thunderstorms.
88° 78°	88° 78°	88° 77°	88° 78°	87° 77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 8:02 AM, TUESDAY, OCTOBER 27, 2020

Western North Pacific between equator and 25N from 130E to 180.

Southeast winds prevail over the Marianas this morning. A circulation is located west of Guam.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA		▲ ▼ °F
Guam and Rota	Thunderstorms	86° / 78°
Palau	Thunderstorms	84° / 77°
Yap	Thunderstorms	84° / 79°
Chuuk	Thunderstorms	86° / 80°
Pohnpei	Thunderstorms	85° / 77°
Kosrae	Thunderstorms	85° / 77°
Majuro	Thunderstorms	85° / 80°

DAY	SUNRISE	SUNSET
Today	6:11 AM	5:49 PM
Thursday	6:12 AM	5:49 PM
Friday	6:12 AM	5:48 PM
Saturday	6:12 AM	5:48 PM
Sunday	6:13 AM	5:47 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	3:21 AM	3:57 PM
Thursday	-	4:08 AM	4:32 PM
Friday	-	4:54 AM	5:07 PM
Saturday	-	5:40 AM	5:42 PM
Sunday	-	6:27 AM	6:19 PM

AROUND THE GLOBE		▲ ▼ °F
Auckland	Partly Cloudy	66° / 59°
Beijing	Sunny	68° / 48°
Hong Kong	Partly Cloudy	82° / 72°
Honolulu	Partly Cloudy	83° / 72°
London	Partly Cloudy	55° / 45°
Los Angeles	Sunny	87° / 62°
Manila	Showers	88° / 75°
Melbourne	Partly Cloudy	81° / 63°
Miami	Mostly Sunny	79° / 72°
New York	Sunny	65° / 55°
Osaka	Showers	68° / 63°
Paris	Cloudy	63° / 45°
Busan	Sunny	70° / 61°
Rome	Mostly Sunny	72° / 55°
Salem	Sunny	76° / 53°
San Francisco	Sunny	71° / 51°
Seoul	Partly Cloudy	72° / 46°
Tokyo	Sunny	73° / 46°
Washington, DC	Rain	63° / 57°

TIDES: SAIPAN HARBOR TODAY		FEET
12:08 AM	LOW TIDE	0.60
5:36 AM	HIGH TIDE	1.45
11:46 AM	LOW TIDE	0.36
6:10 PM	HIGH TIDE	1.75

STOP THE SPREAD

The Governor's COVID-19 Task Force and Commonwealth Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means avoiding close contact with people in order to avoid catching the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html
- Ensure a 30-day supply of all medicines.

Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
- ❏ Choosing a room in your house that can be used to separate sick household members from others.
- ❏ Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ❏ Avoiding touching your eyes, nose, and mouth with unwashed hands.
- ❏ Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5990.

For more information about DIY face coverings, visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Facebook, Instagram, Twitter at @cnmichcc, check out our website at www.chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @GovernorCNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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FLIGHT SCHEDULE AS OF SEPTEMBER 11, 2020

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	7:30am	8:10am	1, 4
UA117	7:50am	8:30am	6

SAIPAN-MANILA (MNL)

UA117/183	7:30am	9:10pm	1 via Guam

GUAM-MANILA (MNL)

UA183	7:25pm	9:10pm	1 via Guam
UA183	9:05pm	10:50pm	5 via Guam

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	5:50am	6:31am	1, 4
UA174	6:15am	6:56am	6

MANILA (MNL)-SAIPAN

UA184/174	11:45pm	6:56am+1	5 via Guam

MANILA (MNL)-GUAM

UA184	10:25pm	4:25am+1	1 via Guam
UA184	11:45pm	5:33am+1	5 via Guam

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

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FLIGHT SCHEDULE AS OF OCTOBER 8, 2020

SAIPAN TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1301	8:30AM	9:00AM	Mon/Tues/Wed/Thurs/Fri
1302	11:00AM	11:30AM	Mon/Tues/Wed/Thurs/Fri
1303	3:30PM	4:00PM	Mon/Wed/Fri

ROTA TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3101	9:30AM	10:00AM	Mon/Tues/Wed/Thurs/Fri
3102	12:00AM	12:30AM	Mon/Tues/Wed/Thurs/Fri
3103	4:30PM	5:00PM	Mon/Wed/Fri

ROTA TO GUAM

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
3401	12:15	12:45	Temporarily Unavailable

GUAM TO ROTA

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
4301	13:00	13:30	Temporarily Unavailable

SAIPAN TO TINIAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
1201	7:00	7:15	Temporarily Unavailable
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Temporarily Unavailable
1205	11:00	11:15	Temporarily Unavailable
1206	12:00	12:15	Temporarily Unavailable
1207	13:00	13:15	Temporarily Unavailable
1208	14:00	14:15	Temporarily Unavailable
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Temporarily Unavailable
1212	18:00	18:15	Temporarily Unavailable

TINIAN TO SAIPAN

FLIGHT #	DEPARTURE	ARRIVAL	FREQUENCY
2101	7:30	7:45	Temporarily Unavailable
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Temporarily Unavailable
2105	11:30	11:45	Temporarily Unavailable
2106	12:30	12:45	Temporarily Unavailable
2107	13:30	13:45	Temporarily Unavailable
2108	14:30	14:45	Temporarily Unavailable
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Temporarily Unavailable
2112	18:30	18:45	Temporarily Unavailable

8 DIMENSIONS OF WELLNESS

GETTING THROUGH A TOUGH TIME

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

FINANCIAL
Feeling satisfied with current and future financial situations.

SPIRITUAL
Discovering a sense of purpose and meaning in life.

PHYSICAL
Acknowledging the importance of physical activity, nutrition and sleep.

OCCUPATIONAL
Finding personal satisfaction and enrichment in one's work

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

SOCIAL
Developing a sense of connection, belonging and support with others.

ENVIRONMENTAL
Maintaining good health by occupying pleasant, stimulating environments that support well-being.

A SAIPAN TRIBUNE SPECIAL ADVERTISING FEATURE

8 dimensions of wellness to get through the pandemic

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

As depicted by the 8 Dimensions of Wellness: Physical, Emotional, Social, Environmental, Occupational, Financial, Spiritual and Intellectual Wellness, human wellness has to be approached in a holistic way. It is encouraged that incorporating these dimensions in a way that is applicable and effective in your life can help us overcome many challenges, including the COVID19 pandemic.

While it is surely easier said than done, here are some things to remember:

1 **Physical Wellness** is achievable in our island paradise. We are surrounded by mountains, beaches and a three-kilometer jogging path along Beach Road that are all accessible. Malyn Vergara Ronquillo and her friends explore the mountains at least three times a week and are always awed by the sights they see. Yoga instructor Kerri Bauer see the benefits of holding yoga classes by the beach. Aside from the fresh air, the sights and sound of the ocean crashing on the shore adds to the calm and peace that yoga brings.

2 An advocate of women empowerment and mental health, Asia Hilario, who is now based in San Francisco, California, makes her voice heard by sharing advice on how the CNMI community can find **Emotional Wellness** amid the pandemic. She said that losing control and freedom due to the pandemic is not forever and that you have the power to have a sense of normalcy within yourself.

3 Volunteer work helps Saipan Cares for Animals president Beth Pliscou extend love and care to animals. She said her reward is the love and care that she immediately gets back from the dogs and cats she rescues and nurture. Being aware of what the community members needs beef up your **Social Wellness.**

4 Aside from baking, growing your own indoor garden is a hobby that many picked up during quarantine. Kiara's Garden owner Dhez Javier said that more people got into plants and the pandemic changed how many people view gardening or collecting ornamental plants at home. People realized that it is not so hard to take care of plants as it is good for the soul and promotes **Environmental Wellness.**

5 The pandemic created a climate of economic grim, which is the reason for many business closures and unemployment. The CNMI is one of the beneficiaries of loans and assistance coming from the federal government, making sure that with or without a job, **Occupational Wellness** is a priority so people can go on with their lives.

6 People find ways to make and save money during this trying times. It can mean holding two jobs or letting go of luxuries that they are used to and transitioning to just the necessities to maintain a status of **Financial Wellness** through the pandemic.

7 Bishop Ryan Jimenez reminds people that despite of the all the challenges and uncertainties, loving and helping others enrich one's **Spiritual Wellness.**

8 Bored with being confined to the four corners of your room? Lindsay Nash, head of the Saipan Book Club, encourages you to pick up a book. Doesn't matter if you have read it before or not. Let it surprise you with new knowledge and imagination to maintain **Intellectual Wellness.**

Physical wellness must still be prioritized

"Friendship and getting our cardio workout in are what we enjoy about exploring the island," said hike and climb enthusiast Malyn Vergara-Ronquillo.

CONTRIBUTED PHOTO

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

We may have to live through this pandemic for many months but that doesn't mean we also have to be in stasis. We can make good choices along the way like taking care of our physical wellness. Studies show that physical activity and any form of exercise have long-term benefits on health, nutrition, sleep, and effective ways to treat stress, depression and anxiety. Physical wellness is something that you can control, especially during this pandemic, and it is within your control as you can do it in your own home or outside.

Commitment and consistency in physical wellness goes well with peer support and this is what pushes friends Malyn Vergara-Ronquillo, Michelle Z., and Joseph Chin to go all around Saipan on hikes and climbs.

"If you are a morning person, adventurous, loves nature, and in need of physical fitness, join our hikes. We are a diverse group of people who enjoy each other's company and develop friendship that lasts for a very long time. …We have been doing this long before COVID, but the pandemic gave us more reason to go out there and explore," said Vergara-Ronquillo.

"…We are not afraid to go out to explore the mountains and beaches because, one, we do not have community spread and, second, we are out in the jungle exploring, exercising, and enjoying each other's company and these are the things I love about our time together," she added.

Vergara-Ronquillo said that they used to hike only in popular places. "We frequented Forbidden Island and Bird Island pre-COVID but the places that we have been for the last five months have been like new journeys and we discovered that there more places to go on island. …Due to the pandemic we all have these stresses and you have the urge to do things and go to other places but can't, so going hiking gives me peace of mind. We do a lot of laughing along the trail and we get our cardio workout done at the same time."

She said the group usually just follow ribbons in places that people have already tagged or "sometimes we follow a different route and kind of make our own trail." At one point, they even christened a certain rock formation "Windows" because "when we took pictures, the rock formation looked like windows."

She assured that the group goes prepared, sometimes bringing their own rope for safety and there is internal communication in the group about the things that need to be brought during a hike.

Michelle Z., who has been living on Saipan for 25 years, has found new love for the island every time they discover a new hiking trail and breathtaking landscape." I have been here almost half of my life and I didn't even know these places existed until we started this hike group. …Saipan is the best, is very beautiful, and seeing different sights make me love it more," she said.

See PHYSICAL on Next Page

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Guard your emotional wellness during the pandemic

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

Since January, news of the COVID-19 outbreak has not only been flooding our TV screens, social media, and newspapers but also in the way we live our lives. With over 200,000 deaths in the U.S. mainland and over a million worldwide, this pandemic has been huge test for everyone in terms of managing emotions. The feeling of uncertainty, anxiety and panic during this time can still be managed, though.

Saipan-born Asia Hilario, who is a crisis counselor for CrisisTextLine in San Francisco, California, said that emotional instability comes from the emotional pain of grief. Citing a Harvard study she recently read, Hilario said it spoke about grief and the five stages relating to the pandemic, that grief doesn't just come in the form of losing someone. It also comes in the form of losing normalcy—losing our routines, losing our freedom to go outside and to go certain places to travel, etc., and even losing a sense of safety.

"I talked about this in a recent podcast interview that not a lot of people would have considered 'grief' as the emotion they were feeling, especially ones that were fortunate enough not to lose anyone to COVID," she said.

The five stages of grief are denial, anger, bargaining, depression, and acceptance. And most people's reaction to the pandemic mirrors those five stages. "Of course it is advised that we should take our time in every stage of grief, but acceptance is where more inner peace will be found—accepting that this is the norm now and creating new routines to fit this norm," she added.

Hilario

According to Hilario, there are ways to battle grief and the feeling of uncertainty and these help deal with these emotions. "Find balance in the things you're thinking. If you feel the worst image taking shape, make yourself think of the best image. Make yourself come into the present as much as you can. Since we cannot predict the future and we stress focusing on the past and what could have been, we must make it a habit to actively live in the present and we can do this by meditating and practicing mindfulness."

"We should let go of what we can't control. What your neighbor is doing is out of your control. What is in your control is staying six feet away from them and washing your hands. Focus on what we can control. Lastly, stock up on compassion—be kind, help one another out and spread encouragement and positivity at any opportunity because there's a high probability it will be multiplied," she said.

Hilario also said that there is power in naming your emotions. "When you name an emotion, it helps you feel what's inside of you. When you name your emotions, you acknowledge them and they can move through you. Trying to fight our feelings often leads to more suffering, so we have to acknowledge them, then feel them, then gently let them go. There's no way around pain but through it," she said.

Hilario cited Jennifer Rollin in her article "3 Reasons to Let Yourself Feel Your Emotions," which states that hurt, frustration, pain, sadness, and anger are all natural and healthy parts of the human experience "so when we try to suppress these emotions, we are unable to thrive and feel other emotions like joy, happiness, etc. Part of having a full life is feeling all of your emotions, both pleasant and unpleasant," she added.

To keep and maintain a strong heart and mind, Hilario urged people to practice gratitude every single day. "I write down three things I'm grateful for in a journal every single day and there are many benefits of writing in a gratitude journal—it lower stress levels, you feel calm at night and you gain a new perspective of what is important to you and what you truly appreciate in your life," she said. "By noting what you are grateful for, you will gain clarity of what you want to have more of in your life, and what you can cut from your life and helps you focus on what really matters."

Hilario advocates for women empowerment, mental health, and wellness and was named "Woman of the Year" in 2019 by an organization called "Women on the Rise."

PHYSICAL

From Page 11

"It's funny because whenever I post a photo, friends would immediately send me messages asking, 'Where are you?' 'Is this on Saipan?" and I simply tell them yes. …Being a businesswoman, my stress level is really high so when I go on a hike, it is a good time to destress, sweat, good cardio and overall a big help for me," she added.

The worldwide pandemic outbreak in March got Joseph Chin stuck on Saipan. The company he works for temporarily ceased operations and, being from Malaysia, he doesn't have a lot of friends on Saipan. "I met Malyn and the group and they took me in to join their hikes and climbs. …I was scared during the first hike, then we did it more and I finally got the hang of it. We go to the jungle, we explore, and go in blindly. The best part is when we reach the end and this beautiful scenery opens up to you. I have nothing but awe for the beauty of nature," he said.

"Since most of my friends from work have left the island already, if I hadn't found this group, I imagine I will just be in my apartment this whole time and that would be sad. Being with this group, we only have positive vibes for each other and that makes me comfortable and that helps me to feel okay, even away from my home country during the pandemic," he said.

Derek Cutting, who owns Latte Built-24 Hour Fitness and Nutrition, said that physical wellness plays into so much more than just anyone's "looks."

"Working out and exercising naturally releases dopamine in our brains—the "feel good" hormone. This is important for everyone's wellness, especially for some who may be battling some depression. Secondly, eating nutritious, dense foods keep our immune system strong and able to fight off many foreign germs, diseases, and viruses like COVID-19," he said.

"We usually just follow ribbons in places that people already tagged or sometimes we follow a different route and kind of make our own trail," said hike and climb enthusiast Malyn Vergara-Ronquillo

CONTRIBUTED PHOTO

Latte Built has already reopened both its locations on Saipan in early June. "At first we had to keep our hours restricted due to the government mandates but since we are in a 'Blue' phase now, we are back to 24/7 access for all members," he added.

Latte Built has a couple of health programs: The Barbell Club, which is like a Crossfit type of class conducted by CF Level1 certified Joey Tudela every Monday, Wednesday, and Friday at 5:30pm, and "Class and a Glass" that puts together yoga exercise and drinking wine in one event that started in September.

Last Friday, yoga instructor Kerri Bauer held the second "Class and a Glass" at the beach near Surf Club in Chalan Kanoa. The next class is on Nov. 19, from 5pm to 6pm. We have an earlier time to accommodate the sunset. …The cost is $8 for Latte Built members and $15 for non-members. The price includes your class and your wine. … The class is about a sense of community and bringing together a group of people who want to spend an evening together for a yoga class followed by a glass of wine," she said

"Yoga is a restorative and emotional exercise. We are combining the movement of yoga with the breezy and free feeling of sunset at the beach along with a glass of wine. It's a workout class with a built-in happy hour alongside people you already have things in common with," she added.

Bauer said that teaching yoga and getting people into it, especially at the time of a pandemic is advantageous. "Yoga has been established as a means to boost immunity, improve overall health and wellbeing. Lack of proper sleep, poor nutrition, and leading a stressful life all lead to a weakened immune system and vulnerability to sickness. … By having the yoga class by the beach, we can adhere to COVID-19 guidelines, enjoy fresh air, and watch the sunset, which has a calming and meditative affect that applies to our meditative yoga," she said.

"During this time, stay active, dedicate time each day to moving your body. If you can't get to a gym, take a walk, hike, or swim. Make sure you get enough sleep. Not getting enough sleep can weaken your immune system. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food. Cope with stressful feelings by using positive coping mechanisms like exercise, meditation, reading, further developing certain skills or hobbies etc. and, most importantly, stay connected with your loved ones," she added.

"Saipan is very beautiful and seeing different sights makes me love it more," said hike and climb enthusiast Michelle Z.

CONTRIBUTED PHOTO

"The class is about a sense of community and bringing together a group of like-minded people," said Latte Built yoga instructor Kerri Bauer.

DEREK CUTTING

Social awareness makes you see what the community needs

BEA CABRERA
From left, Saipan Cares for Animals volunteer Mariana Castro, SCA president Beth Pliscou, Dr. Yumi, and volunteer Amber Liwag

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

After 10 months of dealing with the pandemic, we all know the drill when we step out of the house—wear a mask, practice social distancing, observe proper hygiene—because the more you are socially aware, the more you protect yourself and others from getting the virus.

But being socially aware also means recognizing our social obligations by giving our time, effort and skills to a sector in the community that needs it the most.

Pandemic and no pandemic, the work of rescuing stray dogs and cats on the streets or abandoned in parks, jungles, and beaches does not stop for Saipan Cares for Animals president Beth Pliscou. Since 2012, Pliscou has been doing voluntary work rescuing homeless, injured, and deceased animals that she encounter along the way.

"I see such sadness with homeless animals everywhere on island. …Saipan Cares for Animals is a dedicated group of volunteers whose mission is to improve the life of every animal on Saipan through sterilization, medication, and socialization. We do this by helping the animals directly and offering the community low-cost pet care services," Pliscou said.

"During this time, we have seen more people step up. Before, when people would rescue a kitten or a cat or dog or a puppy, they would pick them up, and bring it to us. Now, since many are home and they have the time, most of them say, 'I found this dog on the road and I'm going to take care of it and how will you help me?' That has been a great relief for us. ...It's great to see the community stepping up, helping, and taking responsibility about this problem on Saipan," she said.

BEA CABRERA
SCA president Beth Pliscou has been caring for stray and abandoned dogs and cats since she moved to Saipan in 2012.

SCA is currently being ran and supported by other volunteers who want to help and make a difference in other people and animals' lives. Right now, many of SCA's volunteers are either high school students or college students because they are not physically going to school. "We also have adults who are keeping a schedule and these volunteers help a lot in getting animals comfortable socializing with humans because this helps with our adoption," Pliscou said.

"Volunteer work pays nothing but you feel good just by doing this work and what you get back is just tremendous. …I get paid by all the animals' love and devotion," Pliscou added.

Amber Liwag from Koblerville started volunteer work at SCA in July and her experience in taking care of her dog helped her a lot. "I brought in my dog because it she was really sick. …Beth saw that I was good with that, especially when my dog was having seizures. She asked me if I wanted to volunteer and I said yes," she said.

"It has been really cool because I love helping animals. I wanted to be a nurse but now I am thinking of getting into veterinary medicine because of the time here. …It makes you feel good even just cleaning for them. It's like you get to give them a good place to stay. Some animals might get adopted and some may stay here their whole lives but it's nice to know that you are helping to make them live comfortably, which gives me some pride in my work," she added.

Amber's friend, Mariana Castro, was inspired by the work done at SCA that she also volunteered at the clinic. "…I feel like Saipan Cares doesn't get a lot of acknowledgment as they should because the little things they do actually means the most. People see us as just a clinic but they don't understand how much we need to do and how much we actually do. Like Amber, my time here widened my perspective and interest in veterinary medicine." she said.

They currently have many dogs and cats that are up for adoption at the clinic and if you feel isolated during this time, adoption might be a good option for you. "You get unconditional love from animals and you get it back immediately. You don't get that from humans, especially if you are isolated during the pandemic, so a cat or a dog can really help you have that connection. The gratitude and love they give you really helps you feel good," Pliscou said.

"If you rescue a dog or a cat that had a bad time and bad life before, they are very grateful because they know how bad it was and you would get devotion that you wouldn't get otherwise. …Aside from companionship, an animal, especially a dog, gets you out of the house too. A dog has to go out for a walk. You don't often do that for yourself but you will do that for a dog. That kind of pushes to you to get into a routine to get up in the morning or allot time in the evening, if not for yourself you will do that for another," she added.

If you'd like to volunteer, you can contact SCA on the website, Facebook fan page, or call Pliscou at (670) 285-5448.

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Living a sustainable lifestyle during the pandemic

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

These days, you either bake, do gardening, plant small crops, read the growing pile of new unread books, or learn how to crochet.

With the lockdowns and quarantines, people have been forced to stay put and slow down but that hasn't stopped many from being productive and it may have pushed many to go the extra mile to pick up new habits and skills.

CONTRIBUTED PHOTO

"Gardening keeps us busy and is mentally therapeutic," said Dhez Javier of Kiara's Garden.

Many have become green thumbs, while others realize they have so much junk at home and go the other way by decluttering—keeping what is important and doing away with what's not. Still others learn to manage their own trash and switch to a sustainable lifestyle that makes for a good foundation for environmental wellness.

Dhez Javier, who owns Kiara's Garden in Koblerville, has seen an influx of customers buying outdoor and indoor plants in the last few months, particularly when curfews were still in place and people had limited time to go out. "One thing that we can all agree on is that COVID-19 and its downstream impact on our lives has everyone stressed out and anxious. Gardening distracts the mind from the causes of stress and provides something else to focus on. During the pandemic, we have to stay home most of the time but it doesn't mean that you have to stay indoors. We can go outside and do gardening," she said

CONTRIBUTED PHOTO

"Recycling is not expensive. These trash bins cost $20 apiece. That's $60 and a worthwhile expense for the environment," said Matt Castro.

Javier said that working with the soil and the bounty of nature is enriching and connects people to nature. "Aside from giving us something to do, it is mentally therapeutic. …Scientists have published findings that working with soil is beneficial to one's health and happiness. Soil bacterium, mycobacterium vaccae, are microscopic bacteria that enters your system when you touch the soil. They generate serotonin and dopamine, which are both chemicals that produce a feeling of happiness," she added.

Ella Songsong of Garapan got into collecting ornamental plants three months ago. "I have been working from home since June and it came to a point when I said to myself, 'Something is missing in my space.' I thought maybe I just need color so I decided to bring in a plant that has been sitting in my garage. It looked nice and I thought, 'What If I add some more?' A few weeks later, my computer and I were surrounded by succulents, tropical plants, and ferns that I had repotted," she said.

"Being surrounded by plants is good visually and the feeling that they are healthy gives me happiness because

See PANDEMIC on Next Page

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- Policies, Systems, & Environments
- Agroforestry
- Community Gardens
- Workplace Wellness
- Reducing Non-Communicable Disease Risk Factors
- Anthropometry
- Community Nutrition
- Community Nutrition
- Child Nutrition & Health
- Preparing Nutritious Meals
- Plan to Shop & Save
- Food Safety
- Get Moving with Physical Activity
- Making Half Your Plate Fruits & Veggies

FAMILY, COMMUNITY AND YOUTH DEVELOPMENT

- Community & Youth Engagement
- Financial Management & Budgeting
- Navigating online platforms
- Enhance Online Learning

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PANDEMIC

From Page 14

I used my own hands to grow them. When my eyes are tired or I just need to relax after a long Zoom meeting, I look around me and see lots of green and an instant feeling of relaxation kicks in," she said.

Jen Cortez of Capital Hill was furloughed in April and she was doing fine at home in the months when she was out of work, until one day, she felt her room was getting tight. "I woke up one day and looked around my room and thought, 'Why does my room feel small and tight?' Clothes were sticking out of my cabinet, several shoes and zoris were behind the door, and a pile of laundry was waiting on the couch," she said.

"I realized I needed to declutter and regain my space, so I did that in one day from morning until about 5pm. I threw many things that I don't use anymore or did not know I had. I have clothes and shoes that I was able to donate and finally got to use my couch, not for piling laundry but really for sitting. I'm back at work and I still keep a decluttered space and I keep my things organized," she added.

Working on things in his garage every Saturday, Matt Castro of San Vicente regularly sees a garbage truck pick up their trash from the bin. "At around 1:30pm to 2pm the garbage truck is sure to come. They did not stop or falter even during the strictest lockdown we've had on island and these men work hard, going around the island to collect garbage. This made me think, 'How can I make it easier for these guys and still keep our surroundings clean?'" he said.

CONTRIBUTED PHOTO

"Being surrounded by plants is good visually," said Ella Songsong.

"Recycling was what entered my mind. So I bought trash containers and labeled each one with cans, plastic, and bottles. Now we have trash that goes to the bin that the garbage truck collects and trash from the containers that I bring to Lower Base. It is not a lot and I wish I picked up this habit a long time ago. This is good for the community and especially for the environment," he added.

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Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
Reading is one of the best ways to increase your cognitive abilities and help you think more critically, it is an act of mental engagement.
Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER

By BEA CABRERA
beacabrerasaipan@gmail.com
CORRESPONDENT

OCCUPATIONAL WELLNESS during the PANDEMIC

When the pandemic hit, unemployment and business closures skyrocketed. The U.S. government rode to the rescue of not just the U.S. mainland but also the CNMI and other territories with a raft of financial assistance to businesses and individuals to keep the economy moving and help people go on with their lives.

Eligible individuals and businesses were able to receive stimulus checks, Pandemic Unemployment Assistance, and Federal Pandemic Compensation, while the Paycheck Protection Program and Small Business Administration loans were activated.

A total of $54.7 million worth of the economic impact payments or stimulus checks were issued and released by the CNMI Department of Finance. A stimulus check was meant to provide taxpayers with spending power and, at the same time, boost economic movement.

Melanie Campos of Garapan said that the first round of stimulus checks helped her and her family reorganize themselves after she and husband were laid off from work. "My husband and I work simple jobs and classified as low-income workers. When we were laid off, we were shocked and disheartened and, just right on time, two weeks later our stimulus checks arrived," she said.

"We received $2,400 in total and this kept us afloat for a time while we were trying to reorganize ourselves, our children, our savings and our daily budget. The money from the stimulus checks helped us not to dig into our savings immediately, that's why it was a huge help for my family," she added.

In May, the U.S. Department of Labor approved the CNMI's implementation plan for the Pandemic Unemployment Assistance and Federal Pandemic Unemployment Compensation programs. The CNMI Department of Labor then distributed up to $136 million worth of Pandemic Unemployment Assistance and Federal Pandemic Unemployment Compensation on Saipan, Tinian, and Rota.

Lisa Garcia of Papago said that being furloughed turned her life upside-down. "Being without a job affected me immensely but receiving PUA helped me stay on top of my bills. Without it, I would've lost my car and probably run out of food," she said.

"The government's decision to provide relief and support could really help businesses and the community to live their lives as normally as possible in times like these," she added.

In April, the U.S. Small Business Administration approved over $513 billion worth of loans under its Paycheck Protection Program. A total of 336 applicants are from the Northern Marianas amounting to a total of $34,902,412. SBA's Paycheck Protection Program helps small businesses that have been affected by the COVID-19 pandemic, so that they could avoid laying off employees.

John Michaels of Chalan Kiya, who owns a small plumbing business, said that receiving this kind of relief was a big help. "It allowed me to still open shop and keep my employees on board so they can feed and send their children to school. Even if the PPP gave me a small loan, it kept us in business," he said.

"The good thing about my business is we're pretty small, so any business that comes our way helps us a lot in operations and finances. If things continue this way, I think we will be able to go through this pandemic," he added.

To date, the CNMI government is trying to get more federal loans and assistance. CNMI Washington Office director Jason Osborne said last week that more federal assistance may still flow into the CNMI while everyone awaits the U.S. Congress' negotiations about the second round of stimulus checks.

VOX POPULI

How do you keep up with finances during the pandemic?

By BEA CABRERA
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CORRESPONDENT

Whether you've been furloughed, laid off, or still has a job, money just seem to be hard to come by these days. The financial climate during the pandemic is making everyone feel is that they should spend less, save, and live modestly. For some people, that could be a drastic lifestyle change. Everyone has different ideas and strategies about the amount of money they should spend or not spend in their daily lives.

> It is already October and I am still finishing all the canned goods, rice, pasta, and dog food I bought in April
>
> **Chalan Kanoa**

"At the start of the lockdown here on Saipan, I decided to stock up on a lot of food and stuff needed in the house because of fear that the containers would stop arriving. I remember spending at least $200 a day for supplies and this went on for two weeks until I said I have stocked up enough. Overall, I remember spending $1,000 in two weeks. In the long run, it was cheaper for me because it is already October and I am still finishing all the canned goods, rice, pasta, and dog food I bought in April. If there is an urge to eat out, I just think of the goods I have stocked up, cook that, and stay at home. So I spent a lot in the beginning of the lockdown but, as months passed consuming those makes me spend less in a day."

—Ina Cruz, Gualo Rai

"I discovered an app called Track My Spend by ASIC's MoneySmart. Just type in your weekly budget and then type all of your spending. It's really rewarding to see how much you spent, especially if it's under budget."

—Selina Magalang, Dandan

"Ever since I started working at 18, I have always kept an 'emergency fund' where I get 20% off of my pay, deposit that and never see that money again until, of course, I have an emergency. In April, I was furloughed and it was the first time I tapped into that emergency fund. It helped me pay my rent, utilities, food, gas until I got my job back in August. I would say I spent less and wisely when I was using my emergency fund. Now that I have work, I am replenishing my emergency fund again."

— David Cabrera, Dandan

"I got into gardening during the pandemic. I didn't buy new plants, I just cut the ones in my mother's garden, rerooted, and repotted them. As for pots, some pots can be expensive here on Saipan so, instead of spending money, I learned how to 'do it myself.' I used damaged mineral bottles—gallons and some small ones stocked in our backyard. Cut the top part, poked holes at the bottom and colored them and they are instant cute pots now."

—Cristina Attao, Capital Hill

"Food is my biggest expense pre-COVID-19. I live alone and get my food from take-outs. But now, I decided to skip take-out and do grocery shopping myself. I actually cannot believe that I can actually spend only $15 on groceries and food that would last me for two days or six meals. I still eat out on special occasions but, by doing my grocery, I get to be mindful of what I put in my cart and how much its costs."

—Lyn Delgado, Garapan

"Our travel plans for Thanksgiving and Christmas were put off, so that is a huge savings for my family. Aside from that, my wife and I keep a monthly budget. We have cancelled some magazine subscription and just went online, which is way cheaper and happy to be surrounded by friends and a community that is giving. All of our 15-month-old baby clothes are all hand-me-downs**."**

—Pete Roberts, Dandan

"I work as a waitress. I used to work in just one restaurant but, when an opportunity opened for a waitressing job in another restaurant with no conflict with my first work schedule, I grabbed it right away. Having an extra income never hurts."

—Emily Mendoza, Garapan

"I started selling things that we don't use—clothes, bags, and some kitchen equipment. We also do not turn on lights in any rooms that is not occupied at night; it saves us money on electricity bills. I cancelled my gym membership and just opted to do workouts that I get for free from YouTube. These are just little things but, all together, they can buy us groceries and pay other bills."

—Tina Chavez, Kagman

Northern Marianas Protection & Advocacy Systems, Inc.
Established 1993

NMPASI

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With all the changes we all encountered this year, it is a good time to take our wellness into consideration as we enter into the new year. Wellness is a term thrown out often, but what does it really mean and what does it cover? According to the Substance Abuse and Mental Health Services Administration or SAMHSA, wellness is a "whole-person, strength-based approach to health." SAMHSA focuses on eight dimensions of wellness that would be beneficial for improving a person's quality of life. They are **1) Emotional, 2) Environmental, 3) Financial, 4) Intellectual, 5) Occupational, 6) Physical, 7) Spiritual, and 8) Social**. By focusing on our individual strengths of the eight dimensions of wellness, we would be able to optimize our health and build resiliency when faced with traumatic events such as the COVID-19 Pandemic. Here are some ways we could optimize our health by balancing the eight dimensions of wellness.

1. **Emotional wellness** deals with how we feel and how we cope with day to day stressors. To do that, we need to be able to check in with our relationship with ourselves and others. We need to be comfortable with taking time to ask ourselves how we are feeling and what can we do to improve our quality of life. Some ways to manage our emotional wellness may include listening to music, writing down our feelings, or meditating.
2. **Environmental wellness** deals with how we feel and how we cope with day to day stressors. To do that, we need to be able to check in with our relationship with ourselves and others. We need to be comfortable with taking time to ask ourselves how we are feeling and what can we do to improve our quality of life. Some ways to manage our emotional wellness may include listening to music, writing down our feelings, or meditating.
3. **Financial wellness** deals with how we manage our money. Being financially secure, especially during times of crisis, will help take away some of the worry because we would have the financial means to keep going. Some ways to manage our financial wellness may include having an emergency savings fund, limiting the amount of money we borrow, or by choosing to stay at home to cook instead of going out to eat.
4. **Intellectual wellness** deals with our knowledge and skills. Honing on one specific skill set and choosing to learn everyday will help keep our minds active. Some ways to manage our intellectual health may include completing puzzles, reading, or talking with individuals who agree or disagree with our viewpoints.
5. **Occupational wellness** deals with the satisfaction or enjoyment of the job you have or are doing. We spend a majority of our time at work so finding meaningful work and building workplace relationships is important to balance our overall wellness. Take time to eat lunch with coworkers, schedule family outings, and maintain meaningful communication throughout the week.
6. **Physical wellness** deals with how much physical activity we do, how healthy we eat, and how much sleep we get. Exercising, eating a well-balanced diet, and getting enough quality sleep at night are simple ways to balance our physical wellness.
7. **Spiritual wellness** deals with how much physical activity we do, how healthy we eat, and how much sleep we get. Exercising, eating a well-balanced diet, and getting enough quality sleep at night are simple ways to balance our physical wellness.
8. **Social wellness** deals with our connection with others. Creating positive healthy relationships with others helps bring a sense of connection and support. Having a support system will make balancing the 8 dimensions of wellness easier to maintain.

When going down the list of the eight dimensions of wellness it is obvious that they are all interconnected because wellness is the holistic approach to our overall health. The pandemic surely has affected and left a majority of us to think constantly about the negative; but, with support and determination to live a better life, we must take the time to take care of ourselves. By interconnecting and balancing the eight different dimensions, we would be able to improve our quality of life that is focused on our strengths

Dawn Margaret Sarmiento Sablan
Projects Specialist

For resources on taking steps for overall wellness, visit samhsa.gov or contact NMPASI at (670) 235-7273/7274 or visit us online at www.nmpasi.org.

A Parent's Guide to Virtual Learning

In this time of pandemic, we are all facing challenges in receiving services, particularly students receiving special education services. While we all probably prefer face to face instruction, many parents in our community face additional anxiety surrounding the impact of this interruption of classroom learning time in this time of so much uncertainty.

The National Center for Learning disability came out with a great guide to help parents improve their child's experience with online learning. This guide highlighted four actions that parents need to take to help their child succeed in virtual learning:

1. **There are research based best practices for children with disabilities who are engaged in online learning. Encourage your child's teacher to use them.**

   • **Face-to-face interactions are key.** It's important for children with disabilities to have virtual face-to-face interactions with their teachers. Using video will allow teachers to pick up verbal and physical cues and gauge your child's confidence and understanding during online instruction.
   • **Measuring understanding needs to be ongoing.** Frequent surveys, online quizzes, chats, and other ways to check understanding will be particularly important when using distance learning.
   • **Students need multiple ways to engage with curricula.** Online information needs to be represented in different formats, and students need options for engaging with and demonstrating their understanding. These are the hallmarks of Universal Design for Learning (UDL). Encourage teachers to integrate UDL into their online instruction.

2. **Your child may need help organizing time.**

   • Consider setting up specific spaces in the home where your child will engage in schoolwork. Create a calendar and clear expectations for work and play. Start with more rather than less structure, and make adjustments as your child establishes new routines.

3. **Your child will need new ways to access needed services**

   • Look at your child's Individualized Education Program (IEP) or 504 plan to identify the individuals providing your child's services. Connect with them to ask about compensatory services to support your child — their plans for the short, medium, and long term — and how you might help.

4. **You and your child still have rights!**

   • COVID-19 did not erase your child's rights to a free and appropriate public education (FAPE) in the least restrictive environment (LRE). Schools and districts are working hard to identify how key processes that support education are going to be implemented until schools reopen their doors. These include having a way to hold IEP and 504 meetings virtually, and ensuring that your child is making progress in the core curriculum and receives needed accommodations to access information and demonstrate mastery of content.

You can access this guide for further details at https://www.ncld.org/wp-content/uploads/2020/03/A-Parents-Guide-to-Virtual-Learning-4-Actions-To-Improve-your-Childs-Experience-with-Online-Learning.pdf

Elsie Tilipao
Projects Specialist

For more information on student rights to special education services, please call NMPASI at (670) 235-7273/4 or visit our website at www.nmpasi.org

'Spiritual wellness helps us think beyond ourselves'

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The pandemic has truly caused extraordinary disruption and anxiety throughout the world, which is why going back to what gives us hope, inspiration, and the will to go on is important more than ever. And the more we watch out for the wellbeing of others, the better all of us will be, according to Diocese of Chalan Kanoa Bishop Ryan Jimenez.

"…The specific challenges of the economy and the threat of disease that challenges all humanity makes us more aware of our common challenges and the more we have solidarity with all who suffer equally, the more we watch out for the wellbeing of others, and the better all of us will be. This is 'common sense' spirituality and propels all of us to think beyond ourselves, our families, and our customary communities because the pain of humanity makes us more united," he said.

"Many who are practicing their religion in a conventional or nominal way can find real support in the heart of the spiritual mission of all religions because it is not about building churches and institutions now, it is about the reality of human suffering and solidarity which religion addresses with a heritage of faith, service, and a credible story of God who loves and teaches us that such love is our mission also," he added.

According to Jimenez, taking baby steps to raise one's spirituality makes a difference when disheartened and beaten by life challenges. "Oftentimes, people who are disheartened feel needy, are broken, and suffer from several failures in their communities. Often they live in a psychological world full of 'poor me.' This world can become a deep downward spiral if they turn to substances, or thought processes, or addictive behaviors as a relief, or as pain-killer, or as some kind of social identity which can be criticized as shameful," he said.

"The way through some of this is to not focus on the self and problems, but to be giving and loving as one is able. Small steps in becoming loving are important and can contribute to immense psychological healing and a little can go a long way," he added.

Jimenez

For counselling and comfort, Jimenez said that most professional-level workers in churches (clergy, elders, overseers) have some training in pastoral counseling for activating religious solutions to many human problems. "Moreover, they want to motivate the members to provide ordinary and compassionate love to the persons who are suffering in their midst. The stories of human suffering deserve attention and respect by all religious people, and the act of compassionate listening contains much power to heal and encourage," he said.

"Those who are Christians are called to be ready to listen, to love, and to support the broken persons in their lives and to regard such suffering persons as gifts from God, like true brothers and sisters," he added.

Jimenez said that building a strong spirituality requires strong relationships with other people and not just with God or the saints. "The more one can relate within the usual communities of life and break the boundaries toward loving the needy, the more complete the challenge of wellness becomes. Everyone can do this, even the most miserable of us. It does not mean we become social workers or join clubs or raise money (but it may include this for some). It just means we become more fully human ourselves by engaging and loving other people whom God himself puts into our lives and who need the love only we can give."

"This is not patronizing love, but a kind of special commitment to loving the unloved, serving the ungrateful, accommodating the strange, and being consistently positive with the angry, prejudiced, and hateful. We are designed by God for this, and Christians tell the story of God's son who made this characteristic obvious to his followers," he added.

To find encouragement and purpose in life, you have to listen to yourself, Jimenez said. "If you know the right thing to do, do it. Sometimes it is awkward to seek forgiveness, to offer forgiveness, to give of self, to be loving. We don't have to push, but we can do the right thing, which is always a loving thing. Doing the right things reshapes our lives, our time, our energies, our resources, and our relationships as it brings us closer to God and allows us to work with him in His mission," he said.

"…The most important challenges in life are not just temporary. They are always the same issues…pride, prejudices, malice, shame, and all the things associated with the 'seven deadly sins.' The forms differ a lot but the fundamental challenges to reform our lives with the help of God and our communities—this is the stuff of life. When we work out our guilt in some of these matters, the temporary challenges of life become far more manageable," he added.

During this pandemic, Jimenzez said that love renders us healthy and love gives us the foundation and stability that sustains. "Love is the endowment of every human being (we can do it), and any church serves to strengthen its members to undertake the great effort of love," he said. "…That is our job, really—to minimize the damage and…to replace some of it with authentic humanity. I believe firmly that God does this in every human being, and that churches are supposed to assist with God's mission."

'Read, read, read for intellectual wellness'

By BEA CABRERA
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CORRESPONDENT

If you ask when is a good time to read, Saipan Book Club members will tell you that anytime is a good time.

According to Lindsay Nash, who heads the Saipan Book Club, it's a very casual club where women from all backgrounds and ages come together once a month to talk about the book that they had just read.

"We take turns choosing a new book each month, and whoever chooses the book is the host of the next meeting. The host leads the discussion and comes prepared with questions and topics to discuss and we usually have drinks and snacks—and once even an entire Peruvian dinner when we were reading a novel by a South American writer and it is always a good time," she said.

The club is a good reminder that life may have turned fast and busy that we've simply forgotten about old hobbies like reading and the pandemic has essentially revived some of these long-forgotten habits.

Nash said that in a time when we can barely leave the island, isn't it nice to explore other places simply by opening a book? "Books are a uniquely portable magic," says Stephen King. And isn't that true? Books transport us to different worlds. …The pandemic has been hard for everyone. I have found that it can be very tempting to shut down my brain and simply scroll through social media and the news. But this can be so toxic for our mental health. Reading a book, however, gives our brains a break from our own stress and transports us to a different world and a different story."

Nash says that her love for reading and writing has continued into adulthood. She has loved to read since she was a girl and "I remember being on the playground in Kindergarten and telling a friend that I could now read a book as difficult as Dr. Seuss! And, in second grade, I started dreaming about writing books. I wrote short stories and illustrated them for my teacher, Ms. Fitzgerald, who always encouraged my love of reading and writing," she added.

The Saipan Book Club currently has 51 members in its Facebook group but the meetings are usually much smaller—around 10 people. "Because there are so many people interested, we have the general rule that you should read the book if you're going to attend and that helps keep the numbers manageable. …The club met virtually several times during the pandemic, via Zoom, but as we've moved into a safer community status, we've recently started meeting in person again," she added.

One SBC member, Beylul Solomon, has been a member since a year and a half ago and loves the dynamics when members talk about a book. "It allows you to see the different perspectives and interpretations of the same work. It also gives people the opportunity to share personal stories that relate to the book and brings people closer. …I wouldn't say that reading makes us forget about the stresses and challenges that the pandemic brings but I certainly feel like it gives you a momentary break to get together with your girlfriends," she said.

The Saipan Book Club at one of its recent meetings. CONTRIBUTED PHOTO

"The Saipan Book Club is a very casual club where women from all backgrounds and ages come together to discuss topics related to the book that they just read," said SBC head Lindsay Nash. CONTRIBUTED PHOTO

"It's very important to stay active mentally and physically because it has many protective factors for positive health outcomes when people are socially isolated and or experiencing stress. Reading a book allows you to travel in your mind to places you've never been and can be a great way of temporarily alleviating some of those stresses associated with a pandemic," she added.

Another member, Mili Chaves De Saiki, said that being in a book club is a great way to process the content of any book. "It is amazing how different and, the same time, alike we feel about a book."

Saiki likes the book club for two main reasons: One, you must read a book with a final date to finish it, so no procrastination is allowed. And two, you have a great reason or excuse to get together with friends that you do not see often. "Touching base with current events, etc. and, of course, we all need distraction, especially now with all pandemic and political situation," she said.

According to Nash, reading books makes her humble. "The more I read, the more I know that I don't know anything at all. Reading makes us smarter, more thoughtful, more empathetic and more aware of the world around us. …I'm currently reading *The Overstory* by Richard Powers and it's an incredible environmental saga that looks at the human story through tree years, meaning every minor thing that happens to the characters is just that—so minute in terms of the whole picture," she said. "It really puts in perspective our place in the world as humans. We are so small in the scheme of things. But, at the same time, it's up to us to preserve our environment for the future. It's a powerful reminder of just how small we are, and how, this too [pandemic] shall pass," she added.

You Are Not Alone.

That is what we want all victims and survivors to know. Even though we are living through even more challenging times, we at the Northern Marianas Coalition Against Domestic & Sexual Violence with our hard-working advocates and first responders are here dedicated to keeping services available to help victims and survivors of domestic violence and sexual assault in the CNMI.

If you or someone you know is experiencing violence or abuse, please reach out and call:

In case of emergencies - 911

Karidat Social Services' 24/7 Victim Hotline - (670) 234-5100

The Victim Hotline is available 24/7 to offer confidential one-on-one support, crisis intervention, and referral to anyone in the CNMI. Whether you have a question about safety planning or just need someone to talk to, you can call the Victim Hotline at any time.

Karidat Social Services - (670) 234-6981

Besides running the only 24/7 Victim Hotline in the CNMI, Karidat Social Services also provides a number of different services for victims and survivors including crisis counseling, case management, referral, moral support and assistance with the filing of temporary restraining order. They also run Guma' Esperansa, a shelter for victims of domestic violence, sexual assault, and human trafficking. Their services also extend to the community in the form of temporary assistance for families/individuals who need assistance in terms of food and rental assistance with funding from donations and the National Emergency Food and Shelter Grant. For more information, visit www.karidat.com.

CNMI Office of the Attorney General - (670) 237-7600

The advocates at the CNMI Office of the Attorney General's Victim Witness Advocacy Unit are well-versed in CNMI law and provide case management for victims and survivors. Advocates are also available to answer questions on different topics including the process of filing temporary restraining orders.

CNMI Family Court - (670) 783-7825

The CNMI Family Court also provides assistance with filing temporary restraining orders, as well as assistance with pro-se filing at Family Court which include cases involving divorce, guardianship, adoption, and change of name.

DCCA Division of Youth Services - (670) 287-1773, (670) 285-2780 or (670) 285-2781

The Department of Community and Cultural Affairs - Division of Youth Services provides a wide range of services including handling and investigating reports of child abuse and neglect, assisting youth and families experiencing homelessness, providing emergency shelter and foster care, as well community outreach to help strengthen healthy families. For more information, visit www.dys.gov.mp.

Northern Marianas Coalition Against Domestic & Sexual Violence - (670) 234-3878

Since its incorporation in 2007, NMCASDV works "to promote, nourish, and sustain a collective movement to end violence in the CNMI." While NMCADSV does not provide direct services, this nonprofit serves victims and survivors by working to educate the community on the issues of domestic violence and sexual assault, providing training to service providers and responders, nurturing meaningful partnerships with groups or individuals, as well as working to create social change. For more information, email info@endviolencenmi.org or follow NMCADSV on Facebook, Instagram and Twitter (@endviolencenmi).

We are here for you. You are not alone.

Northern Marianas Coalition
Against Domestic and Sexual Violence

For more information, call NMCADSV at 234-3878
or email info@endviolencenmi org

@EndViolenceNMI

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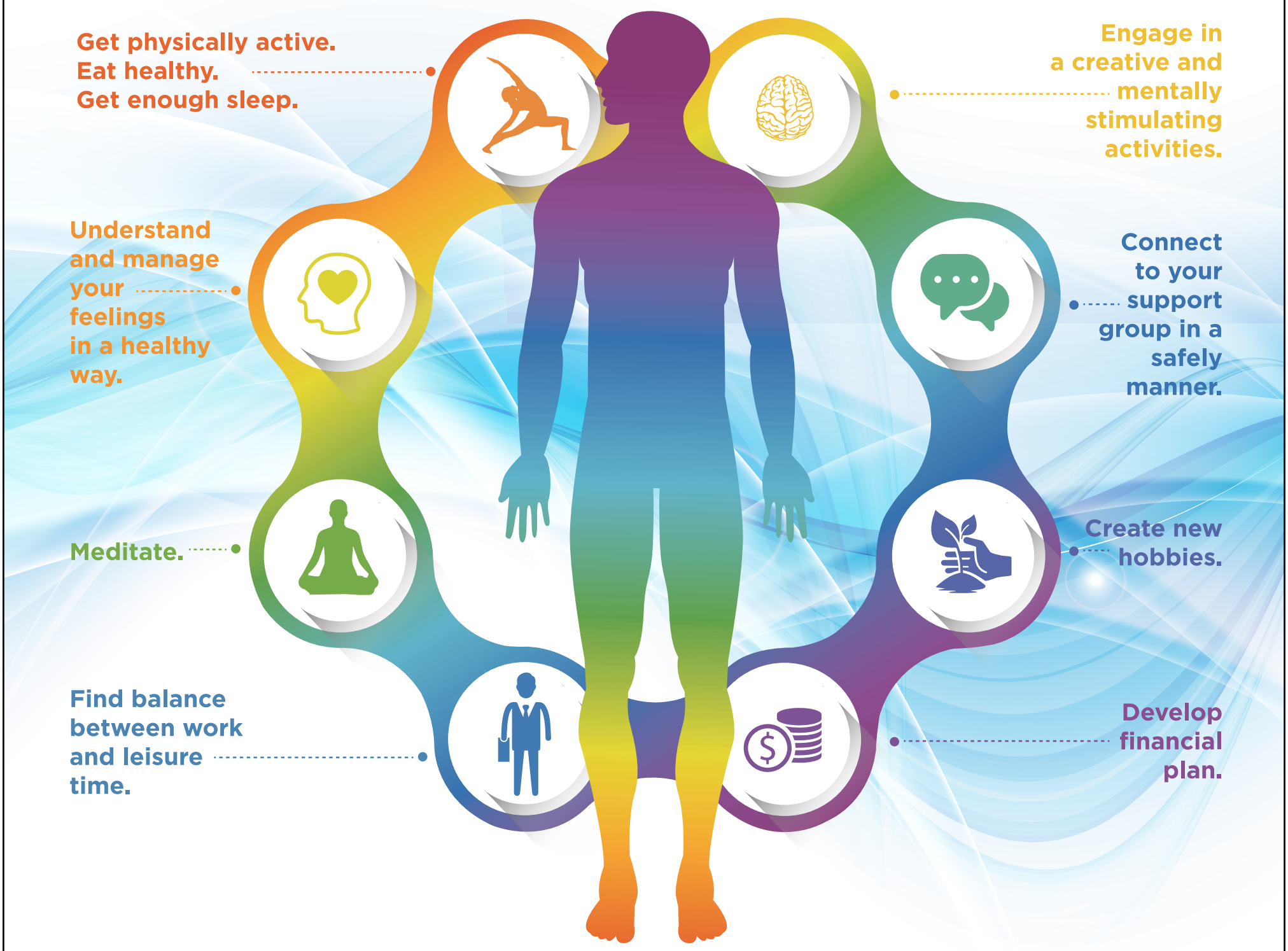
INVEST IN YOURSELF
FOR A HEALTHIER & HAPPIER YOU


Get physically active.
Eat healthy.
Get enough sleep.
Engage in a creative and mentally stimulating activities.
Understand and manage your feelings in a healthy way.
Connect to your support group in a safely manner.
Meditate.
Create new hobbies.
Find balance between work and leisure time.
Develop financial plan.

Tan Holdings

HEALTH IS WEALTH

Tan Siu Lin Foundation

Business

Spend a Funky Halloween Weekend at Kensington

CONTRIBUTED PHOTO

Enjoy Funky Halloween Weekend at Kensington Hotel Saipan.

By BEA CABRERA
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CORRESPONDENT

Despite the COVID-19 pandemic, Halloween is still happening and this is one of the events of the year that children look forward to. Are you looking for a low-contact Halloween activity that is safe and fun for the entire family? Prepare to have a fright night as Kensington Hotel Saipan's Funky Halloween Weekend might just be the one for you.

According to KHS Sales & Marketing manager Katy Hung, guests will get a 2-in-1 treat. "If they spend this coming weekend at Kensington, they will be treated to a wonderful staycation and at the same time, attend a special funky Halloween celebration… For only $239 a night, stay at the Kensington 'Halloween Moment' room that includes all access to a mini carnival and two tickets to a Halloween party. Special gift Mandarina Duck Back pack will be given if a family choose to stay for consecutive two nights," she said.

During the day, the family can spend time in swimming pool and a fun afternoon packed with spooky games and themed treats from the mini carnival at Kenny Play Deck awaits the children. At night, celebrate the ghoulish spirits with your favorite costume at the Halloween party and get ready to lose your head and dance like a vampire with the live band," she added.

An array of hollow eve's drinks and spooky snacks are available at the Halloween party and prizes for best costume for children and adults include pool pass, Kenny Play Deck pass, and Sunday brunch.

In an earlier interview, Hung said early check-in starts at 10am and the late check-out is at 3pm the following day. "This gives you maximum time to do the fun things available with hotel amenities. … With the early check-in and late check-out, guests are in a way having a staycation not only overnight but for a day and a half."

"Last month, we opened Kenny Play Deck based on the feedback that we got from our guests. We listened and so now the play deck is open, with many activities [available] like the ping-pong table, pool or billiard table, trampoline, and our signature activities—mini foosball tables and wall climbing," she said. "Of course, health and safety are our priorities, so your 'Kenny' reliable playmates will be there to assist and supervise the guests. With the play deck now open, we have more variety, especially for parents and their children." She added.

Staycation at Kensington Hotel in San Roque is also available for group celebrations and special requests. For reservation and inquiry, contact 322-3311, or reservations@kensingtonsaipan.com.

Commonwealth of the Northern Mariana Islands
Office of the Secretary of Public Works
2nd floor-Oleai Joeten Commercial Center, Saipan, MP 96950

PUBLIC NOTICE

The Honorable Governor Ralph DLG. Torres and Honorable Lt. Governor Arnold I. Palacios through the Department of Public Works (DPW) would like to notify the general public of the 4-Year Federal-Aid Highway Program Territorial Transportation Improvement Plan (TTIP) Amendment-2.

A copy of the plan can be obtained at DPW Technical Services Division Highway Branch for review and comments. Written comments must be submitted directly to DPW TSD Highway Branch, 2nd. Floor Joeten Commercial Bldg., Beach Road (above First Hawaiian Branch) or via email to: lms.dpwtsd@gmail.com and ldlcs.dpw@gmail.com no later than November 18, 2020 at 2:00 p.m.

Should you have any questions regarding DPW TTIP, you may contact Ms. Lorraine M. Seman, Highway Administrator or Lauren Sanchez, Federal Program Coordinator at the Department of Public Works TSD Highway Branch at 234-9828.

The following are listed in the TTIP Amendment-2:

I. CNMI DEPARTMENT OF Public Works Technical Services Division HIGHWAY BRANCH 4-YEAR Territorial Transportation Improvement Plan Amendment-2: PROJECTS FUNDED BY: U.S. Department of Transportation Federal Highway Administration (FHWA)

Amendment 2

DISTRICT	VILLAGE	ROUTE NO.	PROJECT DESCRIPTION	TYPE OF WORK	FY2020 FEDERAL	FY2021 FEDERAL	FY2022 FEDERAL	FY2023 FEDERAL
ALL	ALL	FY	Highway Planning, Technology Transfer & Training Activities Program-	Admin	$ 975,986.00	$ 1,417,604.20	$ 1,931,986.00	$ 1,644,486.00
ALL	ALL	OJTSS	On The Job Training Support Services	Admin	$ 37,500.00	$ 37,500.00	$ 37,500.00	$ 37,500.00
ALL	ALL	NSTI	National Summer Transportation Institute	Admin	$ 20,000.00	$ 20,000.00	$ 20,000.00	$ 20,000.00
I	Songsong	10	Route 10 Drainage upgrade from Pinatang Park to CUC Power Plant - Phase II	PE-Design				
				Construction			$ 1,500,000.00	
I	Sinapalo	11	"Route 11 - Sabana Road Improvement, Phase II"	Construction		$ 1,750,000.00		
I	Dugi	103	Route 103 - Roadway Improvements	PE Design		$ 300,000.00		
II	San Jose	202	Route 202 - Hazard Elimination	PE Design Construction		$ 500,000.00		
III	Chalan Laulau - Garapan	30	Route 30 - Chalan Pale Arnold Hazard Elimination	PE				
				ROW				
				Construction			$ 1,000,000.00	
				CM				
	Chalan Laulau - Garapan	30	Route 30 - Installation of Traffic Light System	PE Design				
				Construction		$ 2,500,000.00		
				CM				
III	As Perdido	32	As Perdido Road Safety Improvements	PE Design			$ 200,000.00	
				Construction				
				CM-DPW				
III	Susupe - Oleai	33	Beach Road Hazard Elimination Project, Phase 2	PE Design				
				Construction		$ 6,000,000.00		
				CM		$ 1,000,000.00		
III	Kristo Rai - Micro Beach	33	Beach Road Hazard Elimination Project, Phase 4 - Roundabout	PE Design				
				Construction		$ 1,000,000.00		
				CM		$ 200,000.00		
III	Dandan	35	Route 35 - Airport Road Improvement	PE Design				
				Construction	$ 2,500,000.00			
				CM-DPW				
III	Obyan	302/304	Naftan Road and Flametree Road Improvements	Env. Update	$ 20,000.00			
				Construction		$ 3,000,000.00		
				CM		$ 300,000.00		
III	Capitol Hill	310	Route 310 Tapochao Road and drainage Improvements	PE Design	$ 500,000.00			
				Construction		$ 1,000,000.00	$ 1,500,000.00	
				CM		$ 150,000.00	$ 150,000.00	
III	Gualo Rai	317	Route 317 - Gualo Rai Road and Drainage Improvements	PE Design				
				Construction			$ 1,500,000.00	
				CM-DPW				
	Island-Wide		Island-Wide Hazard Elimination, Saipan	Construction			$ 1,500,000.00	
TOTAL OBLIGATION					$ 4,053,486.00	$ 19,175,104.20	$ 9,339,486.00	$ 1,701,986.00
Estimated Carry Over Prior Fiscal Year TOTAL:					$ 603,225.00	$ 20,813,805.99	$ 5,682,001.79	$ 385,815.79
FMIS Unobligated Funds (Closed-Out Projects/De-obligated Funds)					$ 20,220,766.99	$ -	$ -	$ -
OJTSS/NSTI					$ 57,500.00	$ 57,500.00	$ 57,500.00	$ 57,500.00
Annual Allocation:					$ 3,985,800.00	$ 3,985,800.00	$ 3,985,800.00	$ 3,985,800.00
TOTAL ALLOCATION (not including Other Funds)					$ 24,867,291.99	$ 24,857,105.99	$ 9,725,301.79	$ 4,429,115.79
TOTAL OBLIGATION (not including other funds)					$ 4,053,486.00	$ 19,175,104.20	$ 9,339,486.00	$ 1,701,986.00
FISCAL ALLOCATION TO HQ (Not including Other Funds)					$ 20,813,805.99	$ 5,682,001.79	$ 385,815.79	$ 2,727,129.79
TOTAL ALLOCATION - other (ER, Special Funds, etc.)								

Nation

Barrett confirmed by Senate for Supreme Court, takes oath

AP

President Donald Trump watches as Supreme Court Justice Clarence Thomas administers the Constitutional Oath to Amy Coney Barrett on the South Lawn of the White House in Washington, Monday, Oct. 26, 2020, after Barrett was confirmed by the Senate earlier in the evening.

WASHINGTON (AP)—Amy Coney Barrett was confirmed to the Supreme Court late Monday by a deeply divided Senate, with Republicans overpowering Democrats to install President Donald Trump's nominee days before the election and secure a likely conservative court majority for years to come.

Trump's choice to fill the vacancy of the late liberal icon Ruth Bader Ginsburg potentially opens a new era of rulings on abortion, the Affordable Care Act and even his own election. Democrats were unable to stop the outcome, Trump's third justice on the court, as Republicans race to reshape the judiciary.

Barrett, 48, will be able to start work Tuesday, her lifetime appointment as the 115th justice solidifying the court's rightward tilt.

"This is a momentous day for America," Trump said at a primetime swearing-in event on the South Lawn at the White House. Justice Clarence Thomas administered the Constitutional Oath to Barrett before a crowd of about 200.

Barrett told those gathered that she believes "it is the job of a judge to resist her policy preferences." She vowed, "I will do my job without any fear or favor."

Monday's vote was the closest high court confirmation ever to a presidential election, and the first in modern times with no support from the minority party. The spiking COVID-19 crisis has hung over the proceedings. Vice President Mike Pence declined to preside at the Senate unless his tie-breaking vote was needed after Democrats asked him to stay away when his aides tested positive for COVID-19. The vote was 52-48, and Pence's vote was not necessary.

"Voting to confirm this nominee should make every single senator proud," said Senate Majority Leader Mitch McConnell, fending off "outlandish" criticism in a lengthy speech. During a rare weekend session he declared that Barrett's opponents "won't be able to do much about this for a long time to come."

Barrett, a federal appeals court judge from Indiana, is expected to take the judicial oath administered by Chief Justice John Roberts in a private ceremony Tuesday at the court to begin participating in proceedings.

Underscoring the political divide during the pandemic, the Republican senators, most wearing masks, sat in their seats as is tradition for landmark votes, and applauded the outcome, with fist-bumps. Democratic senators emptied their side, heeding party leadership's advice to not linger in the chamber. A Rose Garden event with Trump to announce Barrett's nomination last month ended up spreading the virus, including to some GOP senators who have since returned from quarantine.

Pence's presence would have been expected for a high-profile moment. But Senate Democratic leader Chuck Schumer and his leadership team said it would not only violate virus guidelines of the Centers for Disease Control and Prevention, "it would also be a violation of common decency and courtesy."

Democrats argued for weeks that the vote was being improperly rushed and insisted during an all-night Sunday session it should be up to the winner of the Nov. 3 election to name the nominee.

Speaking near midnight Sunday, Sen. Elizabeth Warren, D-Mass., called the vote "illegitimate" and "the last gasp of a desperate party."

Several matters are awaiting decision just a week before Election Day, and Barrett could be a decisive vote in Republican appeals of orders extending the deadlines for absentee ballots in North Carolina and Pennsylvania.

The justices also are weighing Trump's emergency plea for the court to prevent the Manhattan District Attorney from acquiring his tax returns. And on Nov. 10, the court is expected to hear the Trump-backed challenge to the Obama-era Affordable Care Act. Just before the Senate voted, the court sided with Republicans in refusing to extend the deadline for absentee ballots in Wisconsin.

Trump has said he wanted to swiftly install a ninth justice to resolve election disputes and is hopeful the justices will end the health law known as "Obamacare."

In a statement, Democratic presidential candidate Joe Biden tied Barrett's nomination to the court to the Republican effort to pull down the Affordable Care Act. He called her confirmation "rushed and unprecedented" and a stark reminder to Americans that "your vote matters."

World

PH: Typhoon displaces 120K people, 8 missing

MANILA, Philippines (AP)—A strong typhoon blew out of the Philippines on Monday after displacing more than 120,000 people, leaving several fishermen missing and causing at least six vessels to sink or run aground in storm-tossed waters, officials said.

Local authorities reported at least two dead from Typhoon Molave, including a villager who drowned, but the government's main disaster-response agency said it would wait to include the deaths in its casualty count until after they are validated.

At least 13 people were initially reported missing, mostly fishermen, but five were later rescued separately off the eastern island province of Catanduanes, the Office of Civil Defense said.

The fast-moving typhoon blew out of the country to the South China Sea on Monday afternoon with sustained winds of 130 kilometers (81 miles) per hour and gusts of up to 160 kph (99 mph), forecasters said. It roared overnight across island provinces south of the capital, Manila, which was lashed by strong winds but escaped major damage.

More than 120,000 villagers fled to safety at the height of the typhoon's onslaught, with more than 75,000 taking shelter in hundreds of evacuation centers. The rest took cover in relatives' homes. Officials struggled to set people apart in emergency shelters due to the coronavirus pandemic.

Gov. Humerlito Dolor said despite widespread damage in his hard-hit province of Oriental Mindoro, no typhoon deaths were reported there. In one area alone, 200 families lost their fishing boats, Dolor said. Many villagers have started to leave emergency shelters to fix their battered homes, he said.

"Many of them lost their roofs, their walls and ceilings," he told DZMM radio.

Dozens of villagers were injured by falling trees and other storm debris as the typhoon pounded entire provinces, officials said.

The coast guard said four ships ran aground and two other boats, including a yacht, sank in very choppy waters off Batangas province, south of Manila. Coast guard personnel rescued seven crew from the yacht but were still searching for one other.

More than 1,800 cargo truck drivers, workers and passengers were stranded in ports after the coast guard barred ships and ferry boats from venturing into rough seas. Some of the ports were later reopened as the weather cleared.

About 20 typhoons and storms annually batter the Philippines, and the Southeast Asian archipelago is seismically active, with earthquakes and volcanic eruptions, making it one of the world's most disaster-prone countries.

UN investigator says Belarus must stop repressing its people

UNITED NATIONS (AP)—The U.N. human rights investigator for Belarus demanded Monday that the government "stop repressing its own people," saying at least 20,000 were detained in August and September and hundreds reported beaten, intimidated, tortured or ill-treated in custody.

Anais Marin quoted sources in the Interior Ministry and non-governmental groups for those figures and said most detainees have ended up facing administrative or criminal charges, citing over 400 criminal cases against protesters since disputed elections Aug. 9.

That appeal was echoed in a statement to the committee later from 52 mainly European countries and the European Union. They also called for an end to violence against peaceful demonstrators, abuses against those in the pro-democracy movement, and intimidation of opposition leaders, journalists, human rights defenders and protesters.

Belarus has been rocked by big demonstrations against authoritarian President Alexander Lukashenko's re-election to a sixth term in the Aug. 9 vote that the opposition argues was rigged. Lukashenko, who has ruled the ex-Soviet nation with an iron fist for more than 26 years, has accused the United States and its allies of fueling the protests.

Sunday's rally in the capital Minsk was one of the largest in weeks and drew nearly 200,000 people. On Monday, factory workers, students and business owners began a strike to demand that Lukashenko resign in response to a call by opposition leader Sviatlana Tsikhanouskaya, but most state-run enterprises continued to operate.

Marin urged Belarus' authorities to release all those still detained "for exercising their right to peaceful assembly and expression, and to allow all those forced to exile to safely return" so a dialogue with all representatives of civil society can be held "to jointly overcome the current political crisis."

Dave Elseroad, head of advocacy at the Oslo-based Human Rights House Foundation, said, "Autocrats all over the region are watching to see if it's possible to get away with violating human rights to stay in power."

In a report written before the election, Marin was highly critical of Belarus' judicial system, which gives Lukashenko power over the appointment, tenure and removal of judges and prosecutors. She said licensing and activities of lawyers are also "tightly controlled by the executive."

"The threat of being disbarred is used to arbitrarily pressure those lawyers who are perceived as being critical of the government because of the type of clients they defend," Marin said. "This often leaves human rights defenders without a lawyer to defend them in court."

She cited the example of Aliaksandr Pylchenka, a lawyer who was defending detained opposition leaders Viktar Babaryka and Marya Kalensnikava and had his license withdrawn Oct. 15.

"Establishing an independent judicial system should top the agenda for future reforms," Marin said.

The United States and the EU have rejected the August election as neither free nor fair and introduced sanctions against top Belarusian officials accused of vote manipulation and a crackdown on peaceful protesters.

Life & Style

Fox News anchors quarantine after virus exposure on flight

NEW YORK (AP)—Several Fox News Channel on-air personalities were exposed last week to someone on a private plane who later tested positive for COVID-19, leading the network to take extra precautions this week.

The network said in a memo to staff members on Monday that there had recently been "a few" positive coronavirus tests among its employees, leading to their quarantine.

At least one person who tested positive was on a flight that ferried Fox personnel to New York from Nashville, Tennessee, the site of last week's final presidential debate, according to The New York Times, which first reported the development.

Fox cited privacy concerns in not identifying who had tested positive or was exposed. However, the network's top news anchors, Bret Baier and Martha MacCallum, anchored Fox's debate coverage from Nashville on Thursday, and commentators Dana Perino and Juan Williams were also on site.

Fox News Media President Jay Wallace was also on the flight, the Times said.

Baier, speaking on colleague Brian Kilmeade's radio show on Monday, said all precautions are being taken.

"I've tested negative three times now and I'll be doing the show from home this week," he said. "And we'll be in preparation for Election Day."

Perino and Williams are both on the Fox show "The Five," which had only recently returned to the studio after its hosts worked remotely since the beginning of the epidemic.

Only people critical to the broadcast will be allowed in at Fox headquarters on election night, the memo said.

Baier and MacCallum have been expected to co-anchor the network's election night coverage from the Manhattan studio next week.

Prince Harry says ignorance no excuse for unconscious bias

LONDON (AP)—Britain's Prince Harry says it took him many years and the experience of living with his wife, the former Meghan Markle, to understand how his privileged upbringing shielded him from the reality of unconscious bias.

Harry talked about racial inequality and social justice in a video discussion with the Black Lives Matter activist Patrick Hutchinson as part of the GQ Heroes Conference, which is being broadcast this week.

"Unconscious bias, from my understanding, having had the upbringing and the education that I have, I had no idea what it was," Harry said. "I had no idea it existed and then, sad as it is to say, it took me many, many years to realize it, especially then living a day or a week in my wife's shoes."

Harry, the grandson of Queen Elizabeth II, was raised in the royal family and educated at the exclusive prep school Eton before serving in the British Army. He married Meghan, a biracial American TV star, in 2018 in a church filled with royalty and celebrities.

Harry Styles investing in new music venue in Manchester

LONDON (AP)—While most music stars are rescheduling tour dates to 2021, Harry Styles is looking farther ahead and making plans to headline his own arena—one he's putting his money and ideas into.

Styles is one of the investors in a £350 million pound ($456.6 million) new concert venue in Manchester, England, called Co-op Live.

The project, announced Monday, teams him up with Oak View Group on what they hope will be the UK's largest arena.

"As long as everything's in order by 2023, hopefully they'll let me play there. If I haven't messed it up yet," Styles said, smiling.

AP

Harry Styles performs on NBC's Today show on Feb. 26, 2020, in New York.

After 10 years touring the globe and playing record-breaking stadiums shows with One Direction, Styles, 26, knows what he'd like from a venue, both as an artist and as an attendee.

"Ultimately, I'm a music fan," he said. "I love going to shows, I love live music."

For performers, he also wants to create great memories.

Already vetoing a suggestion of backstage jacuzzies ("bad idea"), he's concentrating on making it a standout place to play.

"What's going to make it different than just touring? I want it to be a room that people remember playing and look forward to playing."

The location was also a big pull for Styles.

He finds the idea of giving a "music city" like Manchester, a brand new, large-scale concert building, "incredibly exciting."

Styles' first job was as a paperboy for a Co-op store in Holmes Chapel, Cheshire,—delivering newspapers for "a few quid" before school—so working with them now feels like a full-circle moment. (Most of his paper route earnings got spent on candy, he said.)

Questlove's quest: To find woman who bought him a turntable

PORTLAND, Maine (AP)—Ahmir Thompson, founder of The Roots and drummer for the "Tonight Show" band, wants to find the kind stranger who bought him a turntable and several records at the tender age of 5.

Thompson—better known as Questlove—posted on social media that he was traveling with his parents, who made their living playing gigs, when he made friends with "Ellie" in 1976 in Portland, Maine.

"Being the irresistible cat that I was, I talked an older woman named Ellie into buying me a stereo and a record collection," Questlove posted on Facebook and Instagram.

Ellie wrote the youngster's order on a napkin: "Bad Blood" by Neil Sedaka, "Dance With Me" by Rufus, and the Jackson 5.

"I knew talking to strangers was a no-no, but my instincts paid off," he wrote.

His parents were upset that he'd been chatting up a stranger when Ellie returned the next day bearing gifts. But he says his new friend told his parents "please don't have him get in trouble on my behalf!! He's so cute of course I wanted to start his record collection!!!"

Andrés Cantor to receive US Soccer Hall media award

FRISCO, Texas (AP)—Andrés Cantor, famous for his screams of "Goooooaaal!" during soccer broadcasts, has won the Colin Jose Media Award given annually by the U.S. National Soccer Hall of Fame.

Cantor will receive the award at next year's induction ceremony that will include former U.S. captain Carlos Bocanegra, who was elected this year, and anyone elected in 2021.

Cantor, who turns 58 on Dec. 22, is lead announcer for Telemundo Deportes. He has worked the last eight men's World Cups, the last two Women's World Cups and several Olympics going back to 1984.

The award, announced Sunday night, honors print and electronic media and media relations professionals who specialize in U.S. soccer and is named for the Hall's historian emeritus.

Daughter's fashion choices cause mom embarrassment

DEAR ABBY: Our 19-year-old daughter is wonderful in many ways. She's smart, attends a university on academic scholarships and earns excellent grades. The problem is the way she dresses. Her shorts are so short they show some cheek, the bathing suits she wears in our backyard pool are almost thongs, she runs at the track in spandex and a sports bra and gets catcalls.

I understand the outfit would be OK for a formal race, but at the track? Why not throw on a T-shirt? The most recent example was a Sunday afternoon, ladies-only baby shower, to which she wore a pale pink (it looked nude) clingy dress that barely covered her butt. No one else was dressed like that. I was embarrassed. She wasn't raised like this.

I understand there are times when a young woman wants to look alluring. I have tried to talk to her about classy/sexy versus trampy, but she gets defensive. Any advice?

EMBARRASSED MOM IN WEST VIRGINIA

DEAR MOM: Many young women dress the way your daughter does in an attempt to emulate current social media personalities. Others do it to get attention because they are not sure they have anything more to offer. Because lecturing your daughter has fallen on deaf ears, let her learn these lessons on her own. And in the meantime, concentrate on helping her to appreciate more of the important qualities she has to offer in addition to what I am assuming is a killer figure.

DEAR ABBY: My husband and I have been together for 15 years. We seem to have a lot of issues every year around fall. It has been this way for the last five years.

While my husband and I were separated, he was intimate for a month with a younger woman. He decided to stop seeing her and returned home to work on our marriage, but before he approached me about working things out, he apologized to her first. I don't understand why he owed her an apology. It still bothers me that he felt the need to apologize to her first and not me. What should I do?

HURT IN THE MIDWEST

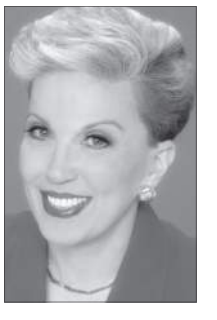
DEAR HURT: Your husband may not have been entirely honest with the younger woman about his marital status, or he may have felt guilty for leading her on. Who knows? In the interest of saving your marriage, I suggest you focus your attention on the fact that you have your husband back and let this go.

DEAR ABBY: I'm a dad with four kids, three of them grown. When we celebrate my birthday or my wife's, or Father's Day or Mother's Day, I'm the one who always pays. For the most recent Father's Day dinner, the check was $240. My wife and I are still paycheck-to-paycheck people, and at least one of my kids makes five times as much as we do between her and her boyfriend. Am I getting this wrong?

NOT MADE OF MONEY

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

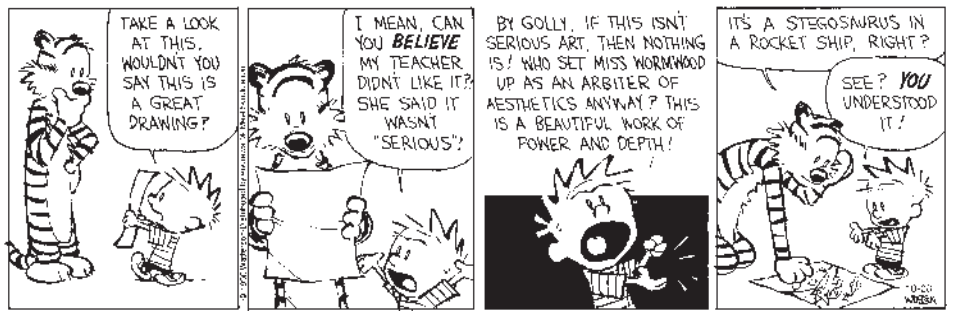
DEAR NOT MADE: No, you are not. In some families, the parent, "the head of the family," picks up the check for celebrations. However, once the children become adults, they usually step forward on occasions like birthdays, anniversaries, Mother's Day and Father's Day and treat their parents. Because your children don't seem to have noticed that they are now adults, you should point it out to them. Because of the disparity in your incomes, they should at LEAST offer to treat you and your wife on special occasions.

To receive a collection of Abby's most memorable – and most frequently requested – poems and essays, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby – Keepers Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Pastimes

Calvin and Hobbes

By Bill Waterson


TAKE A LOOK AT THIS. WOULDN'T YOU SAY THIS IS A GREAT DRAWING?
I MEAN, CAN YOU BELIEVE MY TEACHER DIDN'T LIKE IT? SHE SAID IT WASN'T "SERIOUS"!
BY GOLLY, IF THIS ISN'T SERIOUS ART, THEN NOTHING IS! WHO SET MISS WORMWOOD UP AS AN ARBITER OF AESTHETICS ANYWAY? THIS IS A BEAUTIFUL WORK OF POWER AND DEPTH!
IT'S A STEGOSAURUS IN A ROCKET SHIP, RIGHT?
SEE? YOU UNDERSTOOD IT!

Garfield®

By Jim Davis

Adam@home

By Bryan Basset

SHE'S A BEAUT, DAD.
I CAN'T WAIT TO HIDE IN HERE AND SCARE KIDS.
THIS'LL BE THE BEST HALLOWEEN EVER!
JUST PUT A TOWEL DOWN SO YOU DON'T GET "PUMPKIN BUTT."
RIGHT? OR "GOURD BOOTY."

The Duplex

By Glenn McCoy

CROSSWORD

By Eugene Sheffer

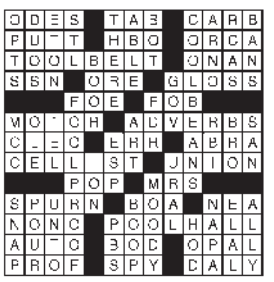
ACROSS

1 Skye caps
5 Greek mountain
8 Work on proofs
12 Actor Jannings
13 Walgreens alternative
14 Evening, in an ad
15 Old-time fountain worker
17 Farmer's place
18 Camera stand, often
19 Reptile with a shell
21 Fixed
22 Piece of work
23 More (Sp.)
26 However
28 Elitists
31 "Young Frankenstein" role
33 Sit-up targets
35 Minn. neighbor
36 West Pointer
38 Hot tub reaction
40 Whatever
41 Military sch.
43 Entanglement
45 "Stop shilly-shallying!"
47 Chinese zodiac sign
51 Now, in a memo
52 Bar mixer
54 Logical
55 Small batteries
56 Slightly
57 Greet the villain
58 D-Day vessel
59 Queue

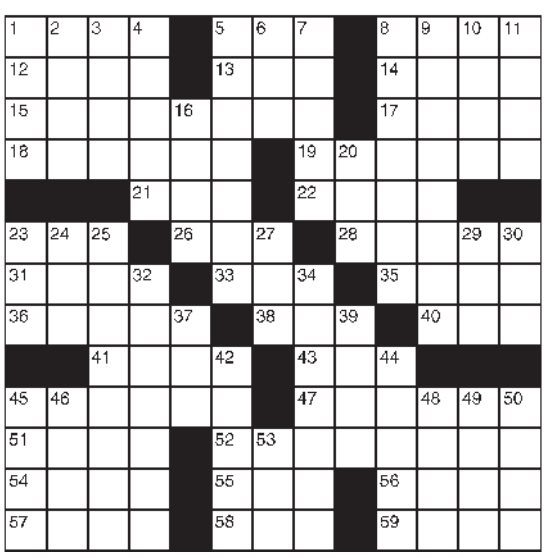
DOWN

1 Try out
2 Latin love
3 Calf-length
4 High-five sounds
5 Cold brew
6 TiVo, for example
7 Request one's presence at
8 Evasive maneuvers
9 Fresca, e.g.
10 "— do for now"
11 Conference leader?
16 Baby kangaroo
20 Boom times
23 Karaoke prop, for short
24 Khan title
25 Recycled items
27 TV schedule abbr.
29 Prohibit
30 Firmament
32 Cookbook entries
34 Wood shop sweepings
37 Wee bit
39 Basil or thyme
42 Car sticker
44 — metabolism
45 Sprint
46 Actor Morales
48 Asian desert
49 Thor's father
50 Cager Archibald
53 Vegas opener?

Solution time: 23 mins.



Yesterday's answer 10-28



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Nolan Gould, 22; Julia Roberts, 53; Bill Gates, 65; Annie Potts, 68.

Happy Birthday: Determine what it will take to reach your goal. Put a strategy and timeline in place and move forward. Confidence will play a role in what you accomplish. Be direct and earnest, and you will win over anyone who doubts your ability to reach your goal. It's up to you to make things happen. Stop daydreaming and start producing. Your numbers are 5, 18, 22, 31, 34, 38, 46.

ARIES *(March 21-April 19):* You'll get fired up quickly if you let your emotions take over. Rethink your plan before you start something you cannot finish. Concentrate on what you can do to make your life better. Choose personal improvement. ✪✪✪

TAURUS *(April 20-May 20):* Don't overlook hidden matters. Before you make a move or decision that is life-changing, consider your motives and the consequences of your actions. Do what's right for you as well as for those you love. ✪✪✪

GEMINI *(May 21-June 20):* Personal improvement is favored. Refuse to let someone interfere with your plans or personal life. A chance to enhance a relationship you have with someone will encourage you to make a change to the way you do things. ✪✪✪✪

CANCER *(June 21-July 22):* Be observant, not vocal. When dealing with someone who can be volatile, it's better to let things unfold naturally. If you want to make a move or change, do so in secret. Keep the peace, and avoid turmoil and interference. ✪✪

LEO *(July 23-Aug. 22):* Step up and be effective. How you handle matters will determine who listens to you. Don't follow someone's lead. Do your own thing, and chart a path for better days ahead. Start a new fitness routine. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* An investment looks promising. Pay closer attention to the way you present yourself to others. An updated look will help convince others that you are ready to be proactive. Be a leader, not a follower, and good things will transpire. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Personal improvements will lift your spirits and encourage you to be more disciplined when it comes to your health and well-being. Letting go of what or who drags you down will also promote strength and the wherewithal to improve your life. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Use discretion, and avoid an emotional situation. Determine what matters, and pay attention to what's going on around you. Knowledge will be your passage to new beginnings. Listen, develop and prepare to use every facet you have available to you to get ahead. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Home is where the heart is, so make it a place of comfort and convenience. How you handle others will determine how much help you receive. You can improve your relationships with honesty, kindness and equality. Romance is in the stars. ✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* Be careful what you say. If you act in haste, you will have regrets. Slow down, consider what's involved and include the people you love in your plans. Be prepared to take advantage of whatever comes your way. ✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Put more thought into how you earn your living. You may be craving change, but before you make a move, consider your motives. Don't jump into something prematurely to avoid a lull in cash flow. Make personal growth, knowledge and fitness priorities. ✪✪✪✪

PISCES *(Feb. 19-March 20):* Don't let confusion set in. Too many choices will leave you wondering what to do next. Hit the reset button, and rethink what it is you truly want. Head in a direction that will encourage positive change and less stress. ✪✪✪

Birthday Baby: You are determined, powerful and persuasive. You are unpredictable and sensitive.

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SUDOKU

Conceptis Sudoku *By Dave Green*

		6	2					
		8		3	4			
	9					8		
	2		4					8
1				6				4
7		4	5	9				2
4	3		1				9	
		7				5		
		1	9	7	2	3	4	

Difficulty Level ★★★ 10/28

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

9	7	4	1	3	5	2	6	8
2	1	3	7	6	8	9	5	4
6	8	5	9	2	4	1	3	7
8	4	2	3	9	1	6	7	5
5	3	7	6	8	2	4	1	9
1	9	6	4	5	7	3	8	2
4	5	8	2	1	3	7	9	6
7	6	1	5	4	9	8	2	3
3	2	9	8	7	6	5	4	1

Difficulty Level ★★

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

MILITARY JUNTAS Solution: 8 letters

E	A	B	R	U	T	E	G	G	R	E	E	C	E	N
O	E	E	F	I	R	T	S	T	E	E	M	L	O	U
P	N	R	F	C	A	M	P	L	F	S	I	I	R	T
E	I	T	C	E	N	L	U	A	I	H	T	E	E	S
N	U	P	C	E	H	R	L	S	C	A	P	G	W	B
O	G	A	L	A	D	L	S	I	Z	I	Y	E	O	O
I	G	R	I	A	U	O	H	I	A	P	F	L	P	D
T	N	T	R	F	B	C	N	T	T	N	I	Y	P	Y
A	I	Y	I	F	R	A	U	O	E	V	C	A	G	D
N	R	J	E	A	I	I	C	S	I	P	C	E	R	I
I	I	A	G	L	P	R	C	A	C	T	P	O	O	S
B	T	I	I	O	C	A	E	T	L	H	C	U	U	S
M	L	V	S	W	E	R	C	S	I	N	I	A	P	E
O	I	S	B	R	A	Z	I	L	O	O	S	S	F	N
C	E	V	A	L	C	N	O	C	G	A	N	G	M	T

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Alliance, Body, Bolivia, Bossism, Brazil, Brute, Cabal, Camp, Caucus, Chile, Circle, Civilianization, Combination, Conclave, Concord, Crew, Decree, Dissent, Egypt, Faction, Fall, Feat, Fiji, Fires, Friction, Gang, Greece, Group, Guinea, Haiti, Meet, Oligarchic, Open, Outfit, Pacify, Pact, Party, Peru, Posse, Power, Puppet, Ring, Rule, Schism, Strife, Stun

Yesterday's Answer: Extract

Treasuries 24 through 41 can be purchased online at www.WonderWordBooks.com.

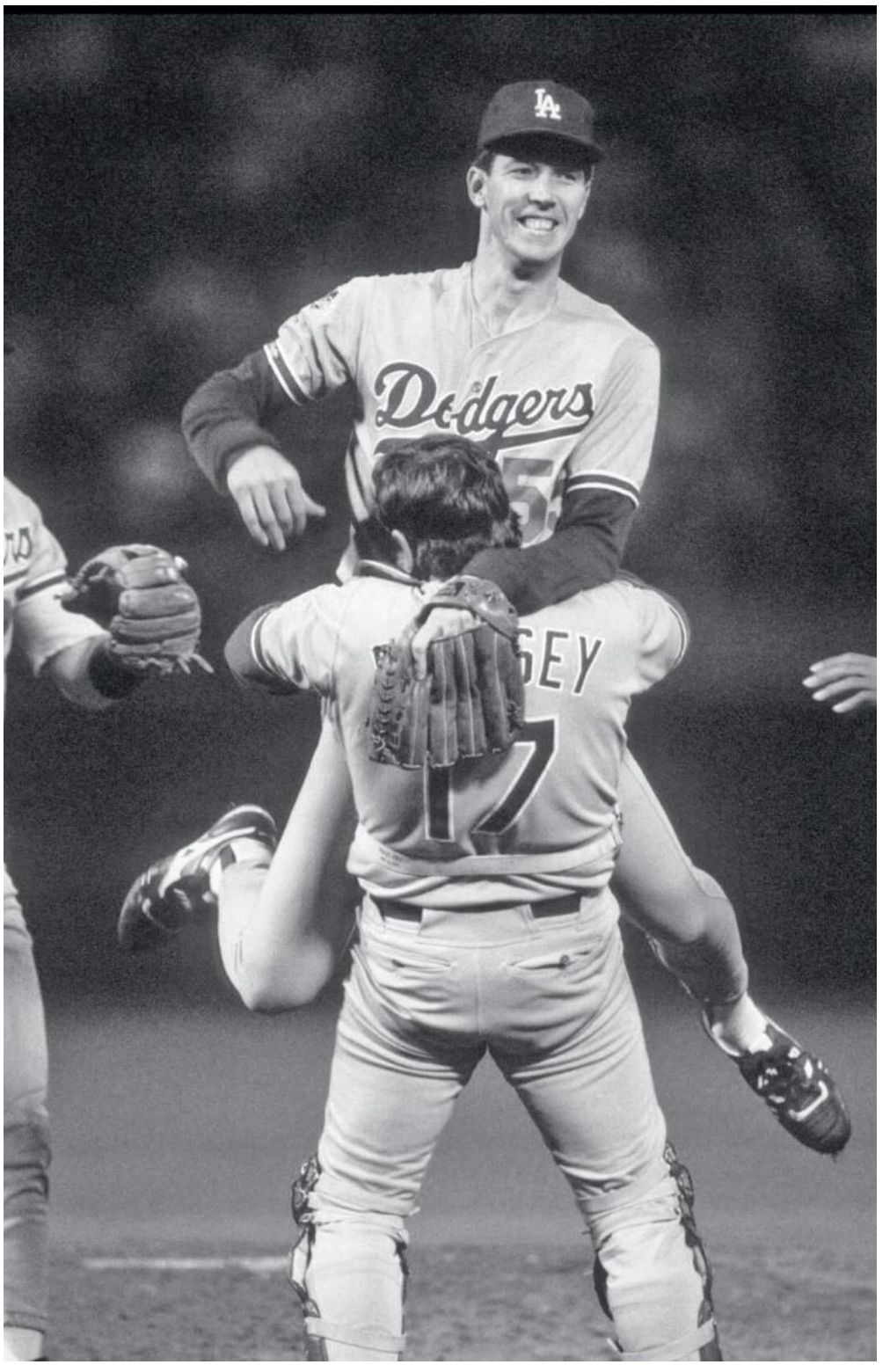
Dodgers looking for first title since 1988

ARLINGTON, Texas (AP) — Since Orel Hershiser struck out Oakland's Tony Phillips for the final out of the 1988 World Series, the Los Angeles Dodgers have played 5,014 regular-season games and 113 more in the postseason in pursuit of their next title. They have spent $3.69 billion in player payroll over 32 seasons.

One more win and that elusive seventh championship will be theirs.

"I think it's going to be really welcoming to the players, this generation," Hershiser said Monday, a day before the Dodgers take a 3-2 World Series lead into Game 6 against the Tampa Bay Rays. "It's definitely a generational win for this group of guys and I'm thinking of the Kenley Jansens, the Clayton Kershaws, the Justin Turners, the guys that have been here through all the division titles."

Kershaw got his second win of the Series on Sunday, and Tony Gonsolin starts Tuesday against the Rays' Blake Snell. The rookie right-hander hopes to keep the World Series from reaching a Game 7 for the fourth time in five years.



AP

In this Oct. 20, 1988 file photo, Los Angeles Dodgers pitcher Orel Hershiser (55) celebrates with catcher Rick Dempsey after their win over the Oakland Athletics in the 1988 World Series in Oakland, Ca.

If Tampa Bay manages to win, Walker Buehler would start Game 7 for the Dodgers on Wednesday and Charlie Morton for the Rays in the finale of the first neutral-site Series.

Gonsolin was used as an opener in Game 2, allowing Brandon Lowe's first-inning homer, lasting just four outs and taking the loss as the Rays won 6-4. Dodgers manager Dave Roberts said he views the 25-year-old right-hander as a traditional starter this time through and hopes for five or six innings from him.

"It's mostly an eye test because he's shown that when he's rolling, he gets lefties, righties out. When he's not, you can see that he's not on point," Roberts said. "I think for me, it's just let Tony go until he's not being as effective as we feel he should be."

Los Angeles, with a big league-leading payroll of $95.6 million in the pandemic-shortened season, has outplayed the low-budget Rays, 28th among the 30 teams at $29.3 million. The Dodgers have outscored the Rays 29-21, outhit them .264 to .228 and outhomered them 11-8 with an offense led by Corey Seager (.471, two homers, four RBIs), Max Muncy (.389, six RBIs) and Justin Turner (.364).

While Manuel Margot (.400), Kevin Kiermaier (.375, two homers, three RBIs) and Randy Arozarena (.333, two homers, three RBIs) have produced, Austin Meadows (.154), Joey Wendle (.133) and Mike Zunino (0 for 13) have struggled. Lowe (3 for 21, three homers, six RBIs) has been hit and miss.

Rays manager Kevin Cash said he plans on formulating his lineup to guard against a short outing by Gonsolin followed by righty-lefty switches. He hopes Snell pitches aggressively.

"We just haven't done a good enough job of establishing that we're going to get outs within the zone early in the count," he said. "But the Dodgers do a tremendous job of seeing pitches, getting deep in the count, pretty fearless with hitting with two strikes."

Mookie Betts is 5 for 22 (.227) but has sparked the Dodgers with superior defense and four stolen bases—three shy of Lou Brock's Series record After beating the Dodgers with Boston in the 2018 Series, Betts was acquired by Los Angeles in a trade last February and signed a $365 million contract through 2032.

"We got a steal," Roberts said. "And I'm just so grateful that the deal was done because it's not only helping us this year, it's going to help us for the next wave of young players and really enhance what we have as a culture going forward. And it's going to affect players that haven't been drafted by the Dodgers yet."

Tampa Bay won its first division title since 2010 and is in the Series for the second time, following a five-game loss to Philadelphia in 2008. The Rays and Cash have impressed Roberts with their relentlessness, evidenced by their ninth-inning rally to win Game 4.

"They play the game the right way. They're grinders," Roberts said. "He balances analytics with just watching his players. He trust his players. His players are kind of very unselfish."

The Dodgers have won a record 24 NL pennants, half since leaving Brooklyn for Los Angeles after the 1957 season, but are sixth in World Series titles behind the New York Yankees (27), St. Louis Cardinals (11), Boston Red Sox and Philadelphia/Oakland Athletics (nine apiece) and New York/San Francisco Giants (eight).

Kershaw made his Dodgers debut in 2008 and has helped them win eight straight NL West titles and NL pennants in 2017, '18 and this year. Jansen has been with Los Angeles since 2010, Turner, Joc Pederson and Pedro Baez since 2014, Corey Seager, and Kiké Hernández and Alex Wood since 2015.

A model of stability under the O'Malley family for nearly a half century starting in 1950, the Dodgers were sold to the Fox division of Rupert Murdoch's News Corp. in 1998, then to Frank McCourt in 2004 and to Guggenheim Baseball Management in 2012. An ownership group led by Mark Walter includes former Lakers star Magic Johnson, women's tennis champion Billie Jean King and entertainment executive Peter Guber.

Los Angeles lost to Houston in a seven-game Series in 2017, and then was eliminated by Boston in five games the following year.

Hershiser, the 1988 World Series MVP, says each time the postseason is lengthened it adds another level of uncertainty to the competition.

"It's going to be a culmination of a lot of things because there's so much buildup with the fan base and with the organization and with the players," said Hershiser. "Even if it was won in '17, it would've been a long time. I think it's very hard as far as the playoffs are concerned. In no way was the '88 Dodger team supposed to win against the mighty Mets and against the Bash Brother Oakland A's. So sometimes maybe the best team on paper and talent on the field doesn't always win.

MLB debt reaches $8.3B; Manfred mulls options for next season

ARLINGTON—Major League Baseball's 30 clubs have amassed an unprecedented $8.3 billion of debt from their various lenders and will suffer $2.8 billion to $3 billion in operational losses this year, Commissioner Rob Manfred told Sportico Monday in an exclusive interview.

The debt was accrued so the clubs could fund their businesses during this COVID-affected season without fans in the stands and negligible ballpark revenue.

"We are going to be at historic high levels of debt," Manfred said. "And it's going to be difficult for the industry to weather another year where we don't have fans in the ballpark and have other limitations on how much we can't play and how we can play."

The first neutral-site World Series will end either Tuesday or Wednesday at Globe Life Field, but it will bring no closure to the myriad problems MLB must address ahead of the 2021 season, many of them dictated by the coronavirus.

Manfred said it was miraculous that baseball has arrived at this point.

"The players worked hard and really sacrificed. The club people have been great," he said. "My staff has done a phenomenal job. The [players'] union has really helped. When you get that kind of cooperation you really have to feel good about it."

The World Series has been attended by close to 11,500 fans a game, but those numbers are not enough to offset revenue losses if that's the maximum number attending games next season. Due to the surging pandemic in the U.S. and Canada, ballparks in New York and California would still be closed to fans in 2021 because of state health and safety rules.

Other issues will have to be resolved. For example, the Toronto Blue Jays undoubtedly won't be able to play again at the Rogers Centre because of restrictions at the border. They played their home games during this 60-game abbreviated regular season at a Triple-A park in Buffalo.

Manfred said he had flexibility from rules limiting debt for each club after negotiations with the MLB Players Association.

"I think the one thing we've learned is that COVID is a really unpredictable virus," Manfred said. "We don't know what's next. But at this point it's just impossible to speculate what next year's going to look like. We'll just have to get closer and then we'll make the best decisions we can."

That uncertainty is causing a lot of consternation among owners and players alike. From the players' perspective, hundreds of them will become free agents after the World Series, including six key Dodgers. The players' union will distribute a comprehensive list of available free agents as soon as the Fall Classic is over.

Clubs that don't offer contracts to players under their control in early December will put another group of players on the open market, then in January teams must exchange figures with their arbitration-eligible athletes.

With no certainty about revenues or costs, some club executives are already saying they may not be willing to commit dollars to players, which makes the start of spring training as usual in mid-February highly improbable.

Beckham's season over after tearing knee ligament

CLEVELAND (AP)—Odell Beckham Jr. was in a much better place emotionally and physically. This was going to be the season he changed minds.

He was determined to make 2020—and its many obstacles—a special year, reestablish himself as one of the NFL's best players and lead the Browns back to the playoffs, along with best friend and teammate Jarvis Landry.

Beckham won't get the chance.

The star receiver's second season with Cleveland ended on Monday after an MRI confirmed he sustained a torn left knee ligament in the opening minutes of Sunday's 37-34 win over the Cincinnati Bengals.

Beckham's injury is a devastating personal blow and a potentially major setback to the Browns, who are off to their best start since 1994 and eyeing their first postseason appearance in 18 years.

They'll have to get there without Beckham.

AP

Cleveland Browns wide receiver Odell Beckham Jr. (13) scores a touchdown as Dallas Cowboys middle linebacker Jaylon Smith (54) defends during an NFL game, Sunday, Oct. 4, 2020, in Arlington, Texas.

"Obviously, it's a big loss," coach Kevin Stefanski said. "He's a huge part of what we do, so now we just have to huddle up and find some different ways and find some different people and put them in that role. ... I'm sick for Odell."

The three-time Pro Bowler got hurt when his left leg buckled while he was trying to make a tackle after Baker Mayfield's first pass was intercepted by Bengals cornerback Darius Phillips.

An MRI taken Monday in Cleveland confirmed the diagnosis of the torn ACL, an injury that typically requires nine months to one year of recovery time. The team said Beckham will be placed on injured reserve, but Stefanski did not have a timetable on when he will have surgery.

On what became his final play of 2020, Beckham, who was slowed last season by a core muscle injury, was chasing Phillips down the sideline when his leg got twisted awkwardly. He immediately grabbed it, was taken directly to the locker room and didn't return.

The Browns (5-2) played well without Beckham, who for all his talent hasn't been able to make a strong connection with Mayfield since arriving in a blockbuster trade from the New York Giants before last season. The three-time Pro Bowler played most of 2019 with an injury that required offseason surgery.

After Beckham went out Sunday, Mayfield completed 21 consecutive passes and threw five TD passes—matching a franchise record—as the Browns outlasted Joe Burrow and the Bengals.

Mayfield was also without injured running back Nick Chubb, tight end Austin Hooper and Landry played with a broken rib. But the third-year QB had one of his best games by making plays with rookie tight end Harrison Bryant (two TDs), Rashard Higgins (six catches) and rookie receiver Donovan Peoples-Jones, who entered the game without a catch and grabbed Mayfield's winning TD pass with 11 seconds left

Cleveland, which hasn't made the postseason since 2002, will have to go the rest of the way without Beckham, who turns 28 on Nov. 5. He had 23 catches for 319 yards and three touchdowns this season and scored on a 50-yard touchdown run.

Beckham's presence alone made defenses account for him on every snap.

"Odell, the energy he brings to practice, the energy he brings to games. No one else is going to be able to bring that type of juice," Stefanski said. "But it's our job to find the guys that can go compete and we'll put them in spots where they can succeed and think we'll be able to do that.

"It's not easy. I don't want to have to do it and I'm very disappointed for Odell, but that's the nature of this beast. Injuries are part of this thing and that doesn't mean any of us have to like it, but we do have to deal with it."

Rams 24, Bears 10

The Rams could tell Leonard Floyd was playing with an uncommon fury against his old team, and the rest of the Los Angeles defense followed his lead.

By the time the Rams were done with the Chicago Bears on Monday night, Floyd had two sacks and the game ball—and Los Angeles had a decisive, energizing victory over a fellow NFC contender.

Josh Reynolds and Gerald Everett caught touchdown passes from Jared Goff, and the Rams won a matchup of dominant defenses, beating the Bears.

"We proved that we were the better defense today," Floyd said after a six-tackle performance in his first game against Chicago since the Bears released him last offseason.

After his first sack, Floyd jumped up and went toward the Bears sideline, shouting and gesticulating at the team that let him go. Floyd already knows he landed in a good spot with the Rams (5-2), who remained unbeaten at brand-new SoFi Stadium and reasserted themselves in the conference hierarchy with a rebound performance one week after a rough loss at San Francisco

"I thought our defense was outstanding from start to finish," Rams coach Sean McVay said. "They did such a great job. Some key stops, some key turnovers. Offensively, we did enough to get that lead and then really just run out the clock on that game."

Tiger still looking for form before Augusta

CALIFORNIA—Here's what we do know: Tiger Woods will be at Augusta on Tuesday night of the Masters, hosting a very different Champions Dinner. How long will he stay after that? Who knows?

Woods, who finished up four rounds at the no-cut Zozo Championship in a style that could generously be termed "uneven," is just two weeks away from defending another title — the one he won in Augusta back in April 2019—and it's all but impossible to project how he'll do.

Woods won this event last year when it was in Japan; because of the pandemic, the Zozo took place at Sherwood Country Club in California. That should have been good news for Woods; he'd won there five times when it hosted his foundation's tournament. Not so. Woods began Thursday by bogeying-or-worse three of the course's par 5s, the first time he'd ever done that. It was part of an ugly opening-round 76 that left him within one stroke of the bottom of the leaderboard.

Then came Friday, and all sins were forgiven. Woods fired a beautiful 66, the best round-to-round turnaround of his entire career. Everything was working for him then, and suddenly the thought of Woods competing at Augusta once again started dancing into people's minds.

Not so fast. Woods struggled again on Saturday, neatly splitting the difference between the first two days with a 71. The highlight—maybe the lone highlight—was this gem of a par save through a tree.

Which brings us around to Sunday. Woods was grouped with Phil Mickelson, the 38th time the old rivals have played together.

The day was another to forget—four birdies, four bogeys, one double for a +2 round and a one-under finish. On a leaderboard where the winner and his closest pursuers will be lower than -20, that's not even close to good enough.

What does this mean for Augusta? Well, Woods certainly doesn't appear to be anywhere close to a level where he can compete with the Bryson DeChambeau and Jon Rahms of the world. He could find something in himself in the next few weeks, of course, and he left open the door to playing in the Vivint Houston Open next week if he feels his game needs more work. But at the moment, Woods will be struggling to keep the leaders at Augusta in sight, to say nothing of in control.

DeChambeau favored

It wasn't that long ago that we were wondering when DeChambeau might finally break through for a Top 10 finish in a major

That was a relevant storyline as recently as August, when DeChambeau went into the PGA Championship without a top-10 result in his first 14 major starts. But he tied for fourth at TPC Harding Park, then went on to overpower Winged Foot en route to a six-shot win at the U.S. Open. Now, with an unprecedented fall Masters just two weeks away, he's listed as a betting favorite to win the year's final major and squeeze his bulked-up arms into a green jacket.

DeChambeau finished T-8 in Las Vegas in his first start after the U.S. Open, and he's one of many big names not expected to play competitively again until driving down Magnolia Lane. Instead he's been busy testing the limits of his newfound distance advantage, sharing data screenshots of 400-yard carries and dabbling with adding a 48-inch driver, the longest allowed under the Rules of Golf.

DeChambeau was going to be one of the biggest names to watch next week at Augusta National regardless, but as speculation continues to swirl over what he might do to the iconic layout he is a clear betting favorite in the futures market. Oddsmakers list DeChambeau at +800, and he's topping the list of two key metrics: 18 percent of all bets have been placed on him, more than any other golfer, and he's also the highest-bet player in terms of total money wagered. ***(AP/NBC)***

Lue sees Kawhi, PG3 staying with Clippers longer

AP
Los Angeles Clippers' Paul George (13) drives to the basket between Denver Nuggets' Jamal Murray (27), Michael Porter Jr. (1) and Mason Plumlee (7) during the first half of an NBA conference semifinal playoff game Saturday, Sept. 5, 2020, in Lake Buena Vista, Fla.

LOS ANGELES— The Clippers could be on the verge of collapse.

Kawhi Leonard and Paul George are one season from being able to leave in unrestricted free agency. Their first year in L.A. certainly didn't go as planned. The Clippers failed spectacularly in the playoffs amid chemistry issues.

But new Clippers coach Tyronn Lue believes George and Kawhi will stay with the Clippers longer.

"I think Kawhi and PG are here to stay for a long time. I think, in their situation and where they want to be, it's here with the Clippers. We just have to make it a great environment, and we have to win."

Maybe Lue, who spent last season as a Clippers assistant and connects well with players, has genuine insight into Leonard's and George's plans.

Or maybe this is wishful thinking.

Leonard and George chose L.A. just last year. Certainly, not all the reasons for those decisions have suddenly disappeared. The safe bet is on both re-signing.

But it's far from a given. Neither had the desired experience last season. Repeat that, and you never know.

It's on Lue to help unite the Clippers' locker room. The front office also has work to do. Leonard and George should do their parts to lead better. And the rest of the roster should come to terms with the team's new hierarchy.

For Lue, if everything fails and this prediction turns out to be wrong, at least he has a five-year contract— though the guaranteed money would go only so far. He wants to win championships, not coach a Leonard-less, George-less team devoid of draft picks.

A lot rides on next season in L.A. Lue summarizes the challenge well: "We just have to make it a great environment, and we have to win."

Easier said than done, though.

Higher luxury tax line for next season

This NBA season, the salary cap was $109.1 million and the luxury tax line was $132.6 million. Next season was projected to jump to a $115 million cap and a $139 luxury tax line (that was after the impact from the NBA's issues with China were factored in).

Then the coronavirus hit. The NBA and the players' union are still negotiating next year's cap and tax, but it is not expected to drop below $109 million.

However, teams had been budgeting for that $139 luxury tax line and are now lobbying the league to keep the tax line high, in part to allow player movement, according to Bobby Marks of ESPN.

The teams with cap space are largely teams out of the playoffs—Atlanta, Charlotte, New York, Detroit—that some free agents would not choose.

Keeping the tax line closer to $139 also helps teams that budgeted to be a few million below that number but could find themselves unexpectedly over the tax line and either paying it or dumping salary.

There is no set date for when the salary numbers will come out, but teams need to know the numbers (or approximately what they will be) before the 2020 NBA Draft on Nov. 18. It would be next to impossible to execute draft night trades without knowing the salary cap and tax numbers.

Ball an option for Warriors

The Warriors will have plenty of options to choose from when they pick No. 2 overall in next month's NBA draft, and a big guard with a headline-stealing father reportedly has some advocates within the organization leading up to Nov. 18.

LaMelo Ball, the younger brother of New Orleans Pelicans guard Lonzo and son of Lavar, Michael Jordan's hypothetical 1-on-1 opponent, "piques the Warriors' interest," The Athletic's Marcus Thompson wrote last weekend. Thompson noted that "a couple of people in the organization" consider the 6-foot-7 guard "super talented."

Ball, Georgia guard Anthony Edwards and Memphis big man James Wiseman are the three players the Warriors' choice will come down to, according to Thompson.

Ball, 19, played in just 12 games with the NBL's Hawks in Australia, averaging 17 points (on 37.5 percent shooting), 7.6 rebounds and 6.8 assists. He's a great ball-handler and passer, with a 6-foot-7 frame that gives him a high ceiling as a versatile defender. Ball needs to tighten up his game on both sides of the court, but he could almost immediately lead the Warriors' second unit as their primary ball-handler and has the potential to be the franchise's focal point as Steph Curry and Klay Thompson age deeper into their 30s.

No matter what his father says, you can envision Ball as a fit in Golden State. So can the younger Ball. You could say the same about any number of players, of course, considering the Warriors' 15-50 record last season—with Curry and Thompson injured for most of it—and the sheer tonnage of draft reporting putting forth their potential options. ***(NBC/AP)***

LEGACY

From Page 28

make a comeback. Now, with the sport's revival along with getting their old home back, Alvarez, the MRA vice president, said they will be carrying on the motocross legacy in the CNMI.

Sablan, who was among the first dirt bike riders on the islands, echoed Alvarez's sentiments, saying that though motocross races took repeated breaks, the people's love for the sport was never lost.

"It's in everyone's heart over the years," said the MRA president, as he thanked the Torres administration and various government agencies for their consideration and generosity in signing over the Marpi land to MRA to serve as venue for their events and other motocross activities, such as ATV races.

For future generations

The MOU signing was witnessed by several government officials and MRA members and supporters, including young riders.

"This is for the kids, for the younger generation and I hope when it's their time to lead, they will do the same in keeping motocross alive in the CNMI," said Torres.

Twelve-year-old Nanaka Celis is among the young riders excited to race at the Marianas Motocross Park and she sees having a permanent racetrack as a big opportunity to improve their skills faster. Celis and the other young riders currently utilize the make-shift course at the baseball field at the Kan Pacific and although they are sometimes allowed to use the course for adult riders, MRA believes a track appropriate for their age and skill level is a must.

"I've never been to CowTown before. All I see are videos and pictures of my dad," said Celis, whose father Dave was among the top riders on island before motocross took a break in the late 2000s.

ROSELYN B. MONROYO
Marianas Racing Association vice president Cuki Alvarez delivers a brief message during the memorandum of understanding signing ceremony between their association and the CNMI government yesterday at the Kan Pacific grounds.

Shane Alvarez had been to CowTown and in fact used to ride dirt bikes and ATVs at the raceway when he was still in grade school.

"I can't wait to come back to CowTown. It's such an awesome track before and I know it's going to get better now that we will have the Marianas Motocross Park," Alvarez said.

MRA volunteer Eleanor Cepeda, whose husband Melvin and their daughters used to race at the Marpi facility, is also upbeat on the prospects of watching regular races at the Marianas Motocross Park and seeing families gather together to support the riders and have fun.

"Returning to CowTown brings back a lot of good memories on and off the racetrack," Cepeda said.

Dodgers looking for first title since 1988

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Beckham's season over after tearing knee ligament

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'Carrying on the motocross legacy'

By ROSELYN B. MONROYO
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REPORTER

With its acquisition of a permanent racetrack, the Marianas Racing Association will be able to continue the legacy of the people who made the sport a significant part of the community.

The land (former Cow-Town Raceway Park in Marpi) where the Marianas Motocross Park will be built was officially signed over to MRA via a memorandum of understanding. Gov. Ralph DLG Torres, Lt. Gov. Arnold I. Palacios, Department of Public Lands Secretary Marianne Teregeyo, Department of Community and Cultural Affairs outgoing secretary Robert Hunter, and MRA officials Steve Sablan and Cuki Alvarez signed the MOU in a brief ceremony yesterday at the Kan Pacific grounds.

Alvarez, whose father Raymond Sr. founded the Saipan Motorcross Club that introduced the sport to the Commonwealth in the late '70s, recalled how motocross races were moved from one place to another in a span of nearly four decades and had its last event in 2007. He added that no matter how many times the sport had to cease holding races, it always finds a way to

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ROSELYN B. MONROYO

Gov. Ralph DLG Torres, second row, third left, and Lt. Gov. Arnold I. Palacios, second row, second left, join Marianas Racing Association members and officers and other government officials for a group photo after the memorandum of understanding signing ceremony at the Kan Pacific grounds yesterday.

JOSEPH CHIN

A young rider works his way around the make-shift course at the Kan Pacific grounds during a practice session early this month.

KIMBERLY A. BAUTISTA

In this 2019 file photo, elementary school students race to the finish line during the All Schools Cross Country Championships Series at the Saipan Country Club.

Cut-off times, course distance for cross country race

By ROSELYN B. MONROYO
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REPORTER

To adhere to social distancing rules, organizers of the 2020-2021 Public School System/Northern Marianas Athletics All Schools Cross Country Series will be implementing cut-off times for next month's races.

For the elementary division, students in the first to fifth grades must complete the 1.1-mile course at the CPA Airport Field in 25 minutes. In the middle school races, the distance is 2.1 miles and sixth to eighth graders must finish the run in 30 minutes. For the high school race, which will feature a 3.1-mile course, the cut-off time is 35 minutes. Student-runners who will not meet the cut-off times will be asked to leave the field and will be marked DNF (did not finish) on the result sheets.

Organizers would also like to clarify that for elementary division teams, there must be at least two girls and two boys on the six-student squad. Each school is allowed to field only one co-ed team in the three qualifying races and in the finale and only the Top 4 finishers' results will be counted in determining the overall winners in the championship round. The elementary division qualifiers will be held Nov. 6, 13, and 20.

The Nov. 7, 14, and 21 races are for middle school and high school teams and there will be separate competitions for boys and girls, but still each school is allowed to field only one squad.

For schools with more than six runners per team, they can choose the first six students to field in the opening leg of the race and have the remaining runners compete in the succeeding events. However, in the championship race, each school can only have six runners per team and each runner must have participated in at least one qualifier.

Deadline for registration for the November races is on Nov. 2, while the championship will be held on Dec. 4 for elementary division and Dec. 5 for high school and middle school categories. Schools will be clustered to avoid crowding and follow the safety measures against the COVID-19 pandemic.